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FROM THE EDITORS OF MEN'S HEALTH MAGAZINE

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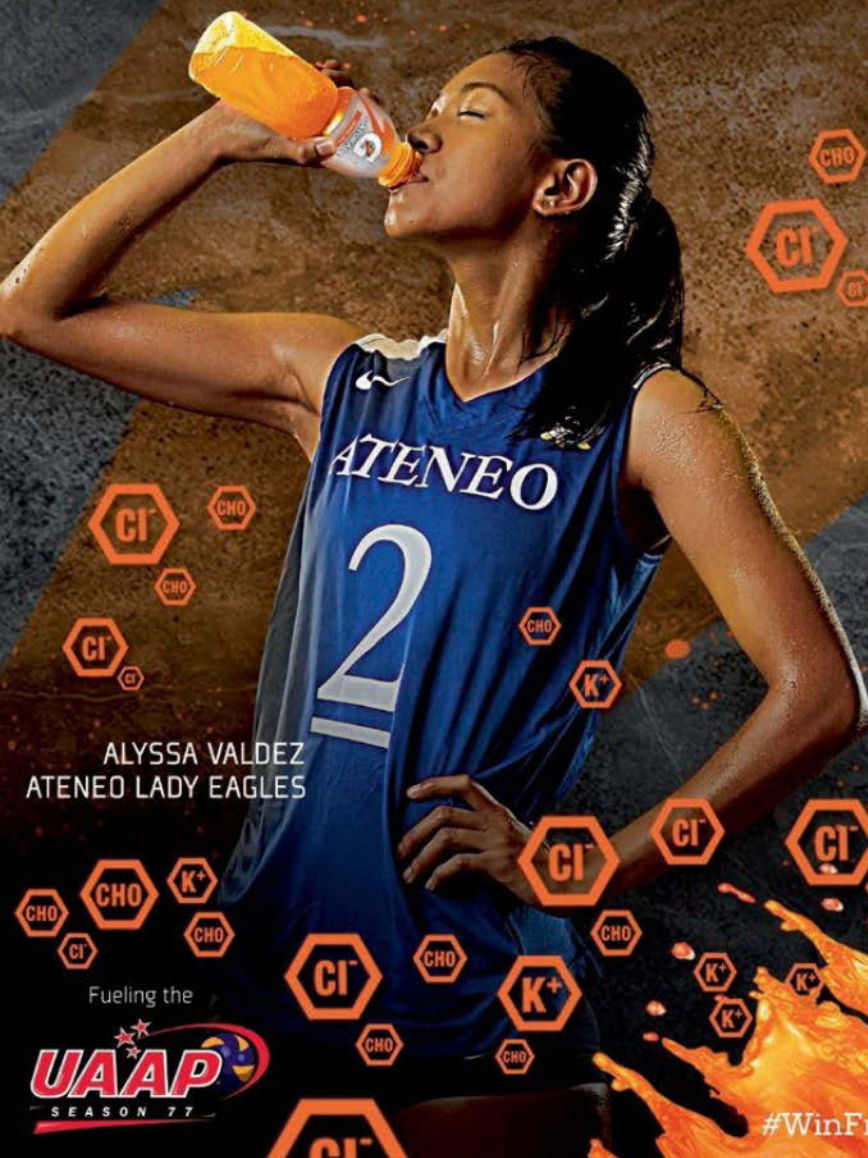


HE HOLIDAY SEASON IS NOT AN EASY TIME TO stay on track; all those feasts and parties can really take their toll. The training guide you have in your hands will help you start the year right by giving you the tools you need to get back in shape. With invigorating workouts, expert advice, and revitalizing meals, we have set you up to enjoy your healthiest year yet!

- In **Part 1: Jumpstart Your Body**, learn how to outsmart hunger, and when it's the right time to cheat. Get expert tips to melt your gut for good and find new ways to kick your fitness plan into high gear.
- You'll learn from bodybuilding pro Tyler English how to stay smart and effective in the gym in **Part 2: Rev Up Your Workout**. Find out the latest fitness research, running and breathing tips, and stay fit all year long!
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JUMPSTART YOUR BODY

PART

1

Seven Tests of True Strength

Are you *Men's Health* Fit? Prove it—or improve. **BY ANDREW HEFFERNAN, C.S.C.S.**

R

EMEMBER YOUR EXAMS FOR P.E.

class—those series of exercises physical education teachers have been using for decades to torture, er, assess their students? Whether you want to admit it or not, gym class may have been the last time you gauged your fitness level. “And that might be what’s holding you back,” says Mike Robertson, C.S.C.S., co-owner of Indianapolis Fitness and Sports Training. “When you know your strengths and weaknesses, reaching your goals becomes a lot easier—and you achieve them faster.” ■ Sure, the definition of “fit” varies; powerlifters and marathoners have different views. Still, every man should be able to meet certain standards before he can call himself “in shape.” And then there’s *Men's Health* Fit. Take these tests to see how you measure up. If you don’t clear our admittedly high bar, don’t sweat it—we have tips from top experts to help bring you up to speed.



"THE STRONGER
AND MORE
EXPLOSIVE
YOU ARE, THE
MORE FORCE
YOU'LL GENERATE
AND THE FARTHER
YOU'LL JUMP."



JUMP AT LEAST 8 FEET

THE SCORECARD

Men's Health Fit	8 feet or more
Above average	6 to 8 feet
Ordinary	Less than 6 feet

Everyone from strength coaches to drill sergeants uses the standing broad jump to gauge raw power—for good reason: It calls on several muscle groups throughout the body to fire at once. “The stronger and more explosive you are, the more force you’ll generate and the farther you’ll jump,” says Tony Gentilcore, C.S.C.S., co-owner of Cressey Performance in Hudson, Massachusetts. “And that means better performance in the weight room—and more air on the basketball court.”

THE TEST

Stand with your toes on a line and your feet shoulder-width apart. Dip your knees, swing your arms, and jump as far as you can. Have a buddy measure the distance from the starting line to the back of your heels.

IMPROVE YOUR POWER

“Power is a combination of strength and speed, so if you come up short, work on both,” says Gentilcore. Start by doing squats and hip thrusts each week in separate workouts. During week 1, go heavy with the hip thrusts (3 to 5 sets of 5 reps using 85 percent of your 1-repetition maximum) and light with the squats (6 sets of 2 fast reps with 50 percent of your 1-rep max). The following week, flip the set-rep scheme, going heavy with squats and light with hip thrusts. Continue alternating for 4 to 6 weeks. “To build even more explosiveness, also do 3 sets of 10 kettlebell swings twice a week,” says Gentilcore.

► Barbell hip thrust

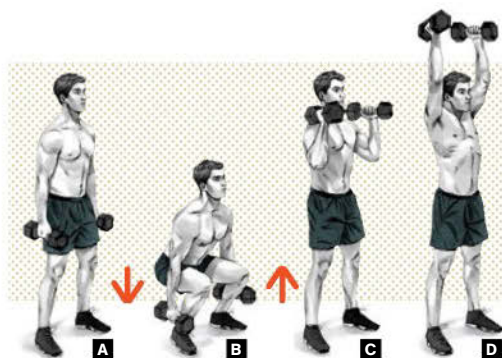
Sit on the floor with your upper back against a bench, knees bent, feet flat on the floor, and a padded barbell across your hips. Push through your heels (not your toes) and raise your hips until they’re in line with your knees and shoulders. Squeeze your glutes hard at the top and then slowly return to the starting position.

► Barbell squat

Using an overhand grip, hold a barbell across your upper back and stand with your feet shoulder-width apart. Keeping your lower back naturally arched, push your hips back, bend your knees, and lower your body until your thighs are parallel to the floor. Pause, and slowly return to a standing position.

► Kettlebell swing

Hold a kettlebell in both hands using an overhand grip, and let it hang at arm’s length in front of you. Keep your lower back naturally arched, bend at your hips, and swing the kettlebell between your legs. Squeeze your glutes, thrust your hips forward, and swing the kettlebell up to chest level as you rise to standing position. That’s 1 rep. Continue swinging the bell without pausing.



2/ SQUAT, CURL, AND PUSH PRESS 20 TIMES IN 1 MINUTE

THE SCORECARD

Men's Health Fit	20 reps in 1 minute
Above average	18 reps
Ordinary	16 reps

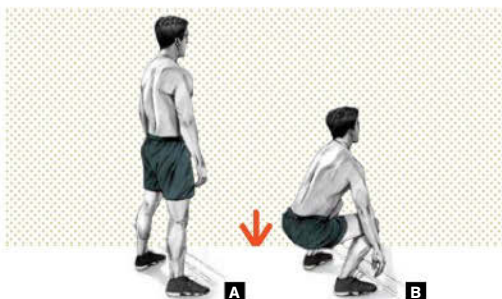
Anaerobic endurance refers to your ability to work at near maximal intensity in bursts of 20 to 60 seconds. “Anyone can sprint or punch hard for 10 seconds,” says L.A.-based strength and conditioning coach Chad Waterbury, M.S. “But if you can sustain high levels of muscle force beyond that time, you’ll gain a huge advantage over your competitors.” Anaerobic endurance reflects the stamina of your fast-twitch (type II) muscle fibers, which generate energy in the absence of oxygen.

THE TEST

Use dumbbells that total roughly 30 percent of your body weight (that’s a pair of 30-pounders if you weigh 200) and hold them by your sides with your feet shoulder-width apart **A**. Keeping your back naturally arched, push your hips back and lower your body until your thighs are parallel to the floor **B**. As you stand up, curl the dumbbells to shoulder height **C** and then press them straight overhead using your legs in the effort **D**. Return to the starting position and repeat for 1 minute.

INCREASE YOUR MUSCULAR STAMINA

Perform 2 sets of the drill twice a week, resting 90 seconds between sets. If you can’t do at least 16 reps on your first set, lighten the load. “Each time, add an extra rep to your first set,” says Waterbury. “Once you reach 20 reps with the lighter weight, grab slightly heavier dumbbells and work your way up to 20 reps again.” Continue the slow increase until you can hit the *Men’s Health* goal.



3/ PERFORM ONE CONTROLLED WALL SQUAT

THE SCORECARD

Men's Health Fit	Full squat in control
Above average	Halfway down
Ordinary	Less than halfway

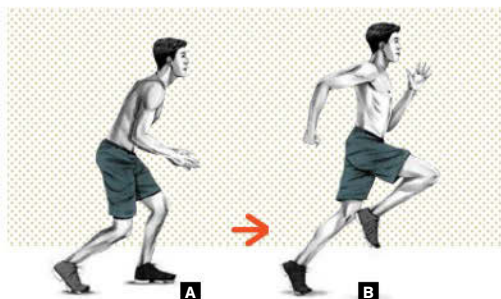
Mobility is a quality great athletes hone but most regular guys ignore. That's a mistake: "The more mobile you are, the better you can move your joints through their full range of motion and the less likely you are to be injured," says kinesiologist and rehab expert Dean Somerset, C.S.C.S. This test, he says, "will expose limitations in your ankles, hips, neck, and upper back—places where most men are bound up." A lot of people fail this test because they have a rounded back or inflexible ankles.

THE TEST

Stand facing a wall with your feet shoulder-width apart and toes 2 inches from the baseboard and turned slightly out **A**. Keeping your feet flat, chest up, and back naturally arched, see how far you can lower your body without touching the wall or falling backward **B**.

BOOST YOUR MOBILITY

Loosen your back with self-massage. Lie on your back with a foam roller placed perpendicular to your spine just below your shoulder blades. Bend your knees so your feet are flat on the floor. Support your head with your hands, and move your head, neck, and upper back forward and backward over the foam roller four to six times. To loosen tight ankles and calves, try the ankle mobility lunge. Stand in a split stance with your front foot about 6 inches from a wall. Now bend your front knee to touch the wall without letting your front heel leave the floor. Do this 8 to 10 times. Switch legs and repeat.



4/ SCORE LEVEL 12 ON THE BEEP TEST

THE SCORECARD

Men's Health Fit	Level 12
Above average	Level 11
Ordinary	Level 9

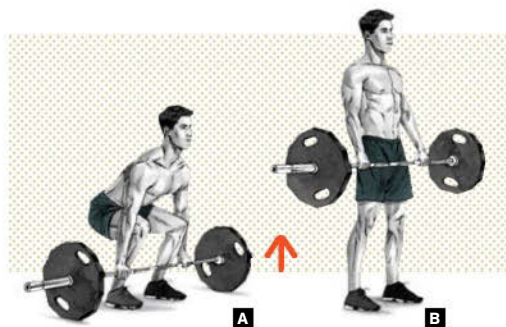
Cardiovascular endurance isn't just a sign of your 10-K potential; it's an indicator of how long you'll last in any athletic endeavor, from a 48-minute basketball game to an afternoon of backyard football. And people who play aerobic endurance sports have a higher life expectancy than those who do not, according to a German study review.

THE TEST

Download a Beep Test app for your iPhone or Android device. Place two cones 20 meters apart on a track or field, hit the start button on the app, and run from one cone **A** to the other **B**. When you hear the beep, run back. Continue until you can't reach the opposite cone before the next beep sounds. (The time between beeps will shorten as you go through the test.) Then hit the "record score" button. "This is the best way to test aerobic endurance," says Alwyn Cosgrove, C.S.C.S., owner of Results Fitness in Santa Clarita, California. Its escalating intensity is a good measure of your body's ability to deliver oxygen to working muscles—your "peak aerobic capacity."

IMPROVE YOUR ENDURANCE

Repeat the beep test once a week. Just repeating the drill can help boost your peak aerobic capacity, says Cosgrove. On two other days each week, do sprint intervals. Sprint at 85 percent of your maximum effort for 1 minute and then rest for 2 minutes. Do that 5 to 8 times total. "Over and over, intervals have been shown to be the fastest way to improve your VO₂ max, the maximum amount of oxygen your body can process at once, which is a powerful indicator of your aerobic fitness level," says Cosgrove.



5 / DEADLIFT 1.75 TIMES YOUR BODY WEIGHT

THE SCORECARD	
Men's Health Fit	1.75 × body weight
Above average	1.5 × body weight
Ordinary	Body weight

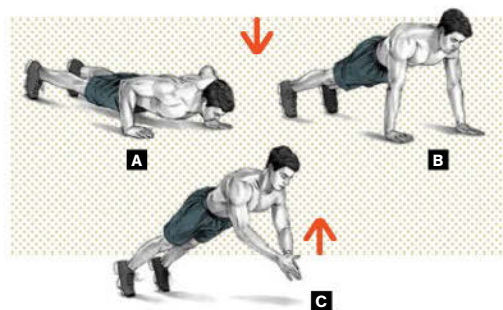
The muscles of your posterior chain provide the power behind many of the most important skills in sports—consider them your “go” muscles. These include your lower back, glutes, hamstrings, and calves—lots of muscles that may not be visible in the mirror but are vital to overall fitness. And no exercise hits them harder than the deadlift does. “It’s arguably the purest test of strength there is,” says Robertson. Your goal: Lift just a little bit less than twice your body weight.

THE TEST

Load a barbell with the maximum amount of weight you can lift once, and bring the bar close to your shins. Bend at your hips and knees and grab the bar using an overhand grip that’s just beyond shoulder width **A**. Keeping your lower back naturally arched, pull your torso back and up, squeeze your glutes, thrust your hips forward, and stand up with the barbell **B**. Reverse the movement to lower the bar to the floor, keeping it as close to your body as possible.

PULL MORE WEIGHT

Add the deadlift to your weekly routine using a weight that allows you to do 3 sets of 5 reps. That’s right, only 5 reps each set. “Keeping the rep count low allows you to do two things: Concentrate on form and go heavy,” says Robertson. When you can complete 2 extra repetitions in your last set for two consecutive workouts, move up in weight. Retest your 1-rep max every 2 to 3 months.



6 / DO 10 CLAPPING PUSHUPS

THE SCORECARD	
Men's Health Fit	10 clapping pushups
Above average	5 clapping pushups
Ordinary	No clap

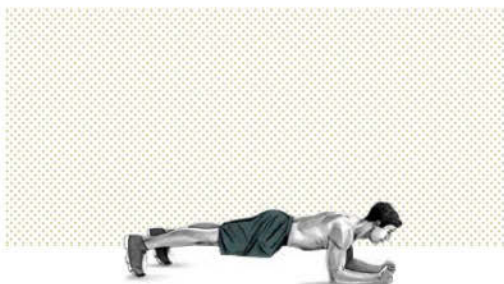
A powerful upper body doesn’t just look good shirtless; it helps transfer force to the world around you. “And that gives you an edge in most sports, whether you’re trying to stiff-arm an opponent in football or spring off the mat in jujitsu,” says David Dellanave, owner of the Movement Minneapolis gym and a world-record-holding all-around weightlifter. The clapping pushup—which requires explosiveness as well as strength—is an old-school move that many still consider the ultimate test of upper-body pushing power (thanks in no small part to *Rocky*).

THE TEST

Assume a pushup position, with your body straight from head to ankles **A**. Lower yourself until your chest is 3 inches from the floor **B**. Push yourself back up explosively so your hands leave the floor **C**. Maintain a straight body as you clap in midair and land back in the starting position.

PUSH HARDER

Can’t clap? Add the exercise to your weekly routine but perform it with your hands elevated on an aerobics step, which reduces the load. Shoot for 3 sets of 5 reps, lowering the step as the exercise becomes easier. For an even greater power boost, also do kneeling medicine ball throws: Kneel facing a wall and hold a medicine ball against your chest; throw it directly forward against the wall. Catch it on the rebound and repeat, doing 3 sets of 10 reps. “The goal is maximum power,” says Dellanave, “so start with a ball you can throw at least 12 feet.”



7// HOLD A PLANK FOR MORE THAN 3 MINUTES

THE SCORECARD

Men's Health Fit	More than 3 minutes
Above average	2 to 3 minutes
Ordinary	1 minute or less

A chiseled core makes you stronger in everything you do, from carrying groceries to mastering the deadlift. It enables you to “produce, stabilize, and transmit force throughout the body,” says Angelo Poli, owner of Whole Body Fitness in Chico, California. But that armada of muscles is “on” whenever you’re upright, so stamina is key.

THE TEST

Assume a pushup position but with your weight on your forearms instead of your hands. This is plank position. Your body should form a straight line from shoulders to ankles. Brace your core by contracting your abs as if you were about to be punched, and hold the position for as long as you can. When your hips sag or your knees touch the floor, it’s over.

INCREASE YOUR CORE ENDURANCE

Fall short? No problem. “You can more than double your score in a matter of weeks,” says Poli. Alternate among these three exercises during the course of a week.

1 *Three-point tennis ball toss*: Hold the top position of a single-arm pushup (feet slightly beyond hip width, body straight from head to heels, weight supported on one hand) and bounce a tennis ball off a wall. Catch the ball and immediately bounce it back against the wall. Do 2 sets of 15 reps each arm. **2** *Plank push/pull*: Assume a plank position with a weight plate between your forearms. Lift your right arm, push the plate forward as far as possible, and then pull it back. Do 2 sets of 10 reps with each arm. **3** *Swiss ball “stir the pot”*: Assume a plank position with your forearms on a Swiss ball. Make small circles with your elbows, switching directions every 10 circles until you’ve done 40. That’s 1 set. Do 2.



Lean Body Secrets

If you're failing to drop pounds, don't blame your lack of self-control; you might just need to change your approach. Here are our top tips to help you lose serious weight. **BY MICHAEL ROUSSELL, Ph.D.**

H

UNGER IS ONE OF OUR PRIMAL human urges, but it's a tough thing to grasp, a marionette with many masters. A variety of neurotransmitters and hormones ultimately pull the strings—appetite suppressors and boosters, plus others that affect satiety and stress—and they, in turn, are manipulated by your body's clock. ■ There are two kinds of hunger: physiological and reward-driven. One is ruled by your body's instinct to find the energy it needs to survive, while the other is psychological, influenced by smell, sight, stress, and social and environmental settings—the gauntlet of daily life. ■ The problem is, your body and your brain often struggle to differentiate between the two: Do you really need fuel or did a commercial just flash a juicy burger? Research reveals ways you can control your brain's reward system to shrink your waist.



GET A GRASP ON
YOUR BRAIN'S
REWARD SYSTEM
TO SHRINK YOUR
GUT FOR GOOD.

For instance, Heather Leidy, Ph.D., an assistant professor of nutrition and exercise physiology at the University of Missouri, used functional MRI technology to find out how people's reward centers responded to appetizing images of food after they'd eaten or skipped breakfast. She found that eating a protein-rich breakfast can dampen hunger all day long. Use this strategy—and the six others that follow—to control your cravings. Just remember that hunger is like LeBron James: You can't shut it down, but you can contain it.

■ Know Thyself

Physiological hunger arises from an imbalance in your calories-in versus calories-out equation. To deal with hunger rationally, you have to do a bit of math: Tally your calorie consumption and compare the result with your total calorie burn. This helps you identify and ignore reward-driven cues.

WINNING STRATEGY

Use the *Men's Health* calorie-target calculator to estimate the calories you need to maintain your weight. (See MensHealth.com/fitness/calculator.) Write down everything you eat and drink for a couple of days. If you're near your target calorie number and your weight is staying steady, then most of your hunger pangs are reward-driven. If you're trying to lose weight, cut your intake by up to 500 calories a day.

■ Eat More, Weigh Less

Studies using just a simple salad have changed the way nutritionists think about hunger and calorie consumption. Barbara Rolls, Ph.D., a professor of nutritional sciences at Penn State University, recently examined the impact of eating a large-volume, 100-calorie salad—that's 3 cups of chopped romaine, ½ medium carrot, 1 sliced radish, ½ tomato,

2 tablespoons of reduced-fat shredded cheddar cheese, and ½ medium cucumber tossed with 2 tablespoons of reduced-fat Italian dressing—either before or with dinner. People who ate the salad, regardless of when it was during the meal, reported feeling more full and ate 11 percent less in total calories over the course of the dinner. Another study by Rolls found that consuming a broth-based soup or an apple before a meal can also help curb calorie intake. Why does it work? We tend to eat a fixed weight of food every day, regardless of calorie or nutrient content.

WINNING STRATEGY

Eat as much as you can of foods with very low calorie densities—such as non-starchy vegetables, broth-based soups, and fruit, says Rolls. Consume reasonable amounts of low-density stuff, like whole grains, legumes, lean protein, starchy vegetables, and low-fat dairy. Eat only small portions of medium-density foods, like bread, cheese, nuts, and higher-fat meat and dairy. And obviously, limit those high-calorie-density food bombs, like fried snacks, candy, and cookies.

■ Don't Swallow Stress

When you're stressed, your body releases the hormone cortisol, which can interfere with insulin

and boost your blood glucose; it's your body's instant fuel for outsprinting a predator on the savannah. But unless you're actually running away from your supervisor, that fuel tends to become belly fat, even as stress strengthens hunger. Worse, a study in the journal *Appetite* found that stressed-out eaters were more likely to consume fatty, salty, and sugary foods, like french fries, chips and candy.

WINNING STRATEGY

For some quick fixes, see our quiz on page 20. For longer-term solutions, “dissipate stress and you'll dissipate stress eating,” says psychologist Lisa Groesz, Ph.D., author of the study in *Appetite*. “Think about how you interpret stressful events. Then let go of what is not in your control,” she says. And try to exercise every day; exercise is a proven stress reducer, but not because of the flood of endorphins, says Robert Thayer, Ph.D., a professor of psychology at California State University at Long Beach. More likely it's through the interaction of norepinephrine and serotonin, neurotransmitters that help your brain deal with stress.

■ Pound Protein

Leidy's research suggests that consuming high-protein meals can reduce reward-driven hunger. “Our study looked at the impact of protein at breakfast, but I would suspect that eating a high-protein snack in the afternoon would also reduce reward-driven hunger later in the evening,” Leidy also determined that the satiety hormone peptide YY, or PYY, remained elevated for several hours after a high-protein meal.

WINNING STRATEGY

Make sure to eat 20 to 30 grams of protein at every meal and

YOU CAN'T SHOOT
DOWN THOSE HUNGER
PANGS, BUT YOU
CAN LEARN HOW TO
CONTROL THEM.



CRAVING QUIZ



DO YOU NEED THAT SNACK? OR IS IT JUST COMFORT FOOD?

Take our test, created
by Gary D. Foster, Ph.D.,
director of Temple
University's obesity
research center.

1 Are you hungry for a specific food, like ice cream, or would you eat anything?

2 Is your hunger causing physical symptoms (e.g., stomach growl)?

3 Have you eaten in the past 4 hours?

<input type="radio"/> ICE CREAM = REWARD-DRIVEN HUNGER	<input type="radio"/> NO = REWARD-DRIVEN	<input type="radio"/> YES = REWARD-DRIVEN
<input type="radio"/> ANYTHING = PHYSIOLOGICAL HUNGER	<input type="radio"/> YES = PHYSIOLOGICAL	<input type="radio"/> NO = PHYSIOLOGICAL

REWARD-DRIVEN HUNGER IS A FALSE SIGNAL. YOU'RE NOT STARVING; IT'S JUST A HABIT. USE THESE TIPS TO BREAK IT.

- ▶ **TRY WHAT PSYCHOLOGISTS** call "behavioral substitution." Do something; any activity that keeps your hands occupied will fit the bill.
- ▶ **CROSS-EXAMINE YOURSELF.** *If I eat this bag of chips, is there a benefit?*
- ▶ **DISTANCE YOURSELF** from external food triggers, like aromas, friends, and locations. Never eat in front of the TV. Don't sit at a bar with finger food.
- ▶ **ALLOW YOURSELF** to be angry or stressed. Your emotion will crest and then subside to a tolerable level in about 15 minutes, and your cravings should, too. —BEN COURT

always for your afternoon snack. A cup of plain Greek yogurt with 1 tablespoon of chia seeds and ¼ cup of raspberries works well: Protein in the yogurt, and fiber from the seeds and fruit, will help slow the release of food from your stomach while also stimulating the hormone PYY.

■ **Sweat Away Hunger...**

When you lose weight rapidly, your hunger hormones don't adjust to your curtailed food intake and depleted stores of fat, leaving you craving the calorie amounts of your fatter former self. That's one reason why extreme diets can cause some wild weight fluctuations. To avoid that fate, shift your personal energy-balance equation delicately and gradually: Reduce your intake by no more than 500

calories a day, and burn more calories by exercising more often and more intensely, says Brad Schoenfeld, M.S., C.S.C.S., author of *The Max Muscle Plan*. Reliable websites and apps can help you reduce your calories and monitor your intake.

And when you add physical activity, you can eat a little more, which helps normalize your hunger hormones. A 2010 review in the *British Journal of Sports Medicine* found that exercising for an hour (or more) can lead to decreases in leptin, the appetite-inhibiting hormone. This may sound like a negative thing, but it's not. Here's why: The release of leptin from your fat cells sends a message that you don't need more food. But people with high levels of leptin (due to

obesity) can suffer from leptin resistance; their brains are overwhelmed by the signals, so no message to put down the fork is sent out. However, exercise appears to help fine-tune your leptin sensitivity.

■ **...and Cravings**

Working out may also help you improve your food choices. According to research by Miguel Alonso-Alonso, M.D., a neurologist at Beth Israel Deaconess Medical Center in Boston, exercise helps you stick to a plan by enhancing your brain's executive function. "This means you're better at both inhibiting the temptation to overeat and resisting the impulse to eat junk." He notes that these benefits add up over time, so it's critical to continue exercising



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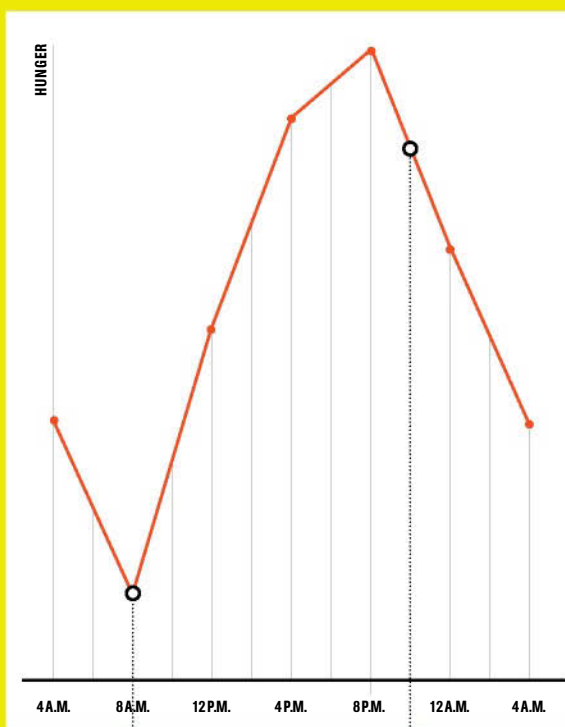
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HUNGRY O'CLOCK

Harvard research finds that circadian rhythms prime us to eat more at night and less in the morning.

"There is a rhythm in hunger that's driven by the body clock," says researcher Frank Scheer, Ph.D. That clock, controlled by the brain's pin-sized suprachiasmatic nucleus, communicates with every cell, including many that regulate appetite and metabolism, to maintain a 24-hour rhythm. Keeping to that rhythm may facilitate overnight fasting and minimize hunger-driven sleep disruption. —JULIE STEWART



8 A.M.

Many folks aren't hungry at breakfast, so it's an easy meal to skip. Don't. Studies suggest that (a) eating three meals a day is best for appetite control and (b) eating protein not only nourishes your muscles but also helps you to feel fuller longer and drop pounds and fat.



10 P.M.

It's the death zone for diets, says Stephanie Smith, Psy.D. Your body is pushing you to eat; you're tired, maybe stressed, or even tipsy. Don't make a bad food choice. Try this tasty, filling snack: a scoop of chocolate frozen yogurt with sliced banana and walnuts.

even after you hit your target weight.

WINNING STRATEGY

Simple: You've got to break a sweat. Joe Dowdell, C.S.C.S., founder of Peak Performance in New York City, advises doing a mix of strength training and intervals for a total of 3½ to 4½ hours a week.

■ Fill Up on Sleep

A study in the *Journal of the Academy of Nutrition and Dietetics* confirmed that sufficient sleep is critical for successful weight loss. Tired people tend to overeat, says *MH* U.S. advisor W. Christopher Winter, M.D., medical director of the Martha Jefferson Hospital sleep medicine center in Charlottesville, Virginia. "Your brain likes being awake. It will take great measures to promote activity—even if it has to eat itself awake." These great measures include decreases in leptin and increases in appetite-boosting ghrelin. It's a chemical weight-loss gremlin, says Dr. Winter, because it pushes you toward simple carbs, fats, and sugars.

WINNING STRATEGY

If you want quick fixes, sip coffee or green tea, advises Dr. Winter. Low in calories, the caffeine in coffee and green tea helps tamp down tiredness. Of course, the real solution is enjoying at least seven hours of shut-eye every night. The key is to figure out your wake-up time and stick to a routine no matter what. A simple trick is to count the hours back to determine when you should already be asleep. So if your alarm squawks at 7 in the morning, then you should be relaxed, with the lights out and your head resting on your pillow, by 11:45 at night.

REGISTRATION EXTENDED!



AND



January 24, 2015
Gatorade Blue Pitch,
Makati City
5am-11am

PRESENT

Men's Health



Registration Fee: Php 900

Training kit includes:

- MHTC training shirt
- MHTC training bib
- A pair of MH arm sleeves
- MH Workout Towel
- MH Post-Workout Shirt*
- MH Training Guide book*

*to be claimed on event day

Registration Details:

- Open to males and females ages 18-35 years old.
- Complete all details in your registration form (downloadable form is available at [facebook.com/MensHealthPhilippines](https://www.facebook.com/MensHealthPhilippines)) and submit this together with the following:
 - Recent full body photo
 - Medical certificate/clearance from physician (Document must declare that you are in good physical condition and that you are able to perform strenuous activities during the event)
- Email all requirements to MHTrainingcombine@gmail.com with the subject "MH Training Combine Requirements - <full name>".
- Please wait for a confirmation email from the MH Training Combine team, indicating that they have received your submission.
- The MHTC team will screen all submissions. Once shortlisted, you will receive an e-mail and SMS invite to the training kit payment and claiming.
- For additional concerns and inquiries, you may contact the MH Training Combine Events Team at (0922) 899 3448.

Registration forms with missing information in the application or lacking requirements such as the medical certificate and a full-body photograph will not be considered.

Deadline for of registration is January 22, 2015.



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ACE THE NEW MATH OF LEAN

Does it feel like the scale stuck? You're mismanaging your calorie deficit. Bad arithmetic could be holding your progress hostage.

BALANCE: good for budgets, and acrobats, bad for losing weight. To drop pounds, you need an energy imbalance: expending more calories than you take in. Sounds simple, but it's devilishly difficult.

Normally, your calorie burn is a function of your weight: The more of you there is, the more fuel you use. But the moment you cut calories, your body downshifts your burn in a phenomenon called adaptive thermogenesis. The trick to manage your calorie deficit? Recalculate regularly. We've run the numbers to help make the metabolic math work in your favor.

1

FIGURE OUT YOUR BASELINE



Estimating the daily number of calories required to keep you going is difficult even in a lab, says Hall. That's because it's hard to measure and it changes. Popular formulas, such as your weight multiplied by 10 (plus the number of days a week you work out) can oftentimes miscalculate your calorie needs by, at the very least, 10 percent.

P THE COST

To show how small math errors can carry a heavy price, we've cast you as this guy: You're 35 years old, weigh 205, and want to drop 20 pounds in 20 weeks. A 10 percent inaccuracy would mean you'd need more than twice the time to hit 185 pounds.

✓ THE FIX

Hall's team created a sophisticated online simulator (you can find it at bwsimulator.niddk.nih.gov) that factors in age, daily activity level, and exercise habits. Plugging in your stats tells us that if you have a desk job and work out once a week, your baseline is 3,048 calories a day. Now comes the hard part—cutting calories.

2

SET SCIENCE-BASED GOALS



Ever hear that a daily deficit of 500 calories would allow you to lose a pound a week? While this seems like the way to go, if you aren't ramping up your exercise as well as cutting cals, it isn't. This is because you won't lose 100 percent of your weight from fat and your metabolism slows as you initially lose weight.

P THE COST

You might give up if this were the basis for your goal, because you would need 2 months longer to hit your target.

✓ THE FIX

The simulator reveals that to lose 20 pounds in 20 weeks without additional exercise actually requires a daily deficit of 656 calories, which means a daily budget of 2,392 calories. When you hit your target of 185 pounds, you need to recalculate your baseline: Your new daily max for weight maintenance is now 2,835 calories. Other research by Hall suggests that if you're patient, you can lose 10 pounds painlessly. A 100-calorie-a-day deficit can do the trick. Half the weight will come off in a year, and 95 percent in 3 years.

3

BE HONEST ABOUT YOUR INTAKE



Even people who log every morsel bungle the math. In a study by the Pennington Biomedical Research Center, dieters who were taught how to count calories still missed 18 percent of them. That's partly because restaurant menus and food labels can underestimate calorie counts by as much as a whopping 245 percent.

THE COST

If you lowballed your food intake by 430 calories per day, you would lose 4 fewer pounds in a month.

THE FIX

Log smarter. Instead of counting calories, give yourself a grade from 1 to 10 for your eating habits and weigh yourself (always at the same time) each day, says Alan Aragon, M.S., *MH* U.S. weight-loss advisor. You can give yourself one average score or record scores at, say, 11 a.m., 5 p.m., and 10 p.m. The soft spots in your diet will become obvious, and because the scale doesn't play favorites, you'll see whether you are maintaining a deficit or not.

4

GAUGE YOUR BURN BETTER



The treadmill trumpets that you just zapped 800 calories. But don't celebrate with that 700-calorie recovery shake just yet, says Scott Sehnert, M.S., R.D., a sports dietitian at Auburn University. Certain cardio machine readouts can be inaccurate—by as much as 2.9 calories per minute, according to a Naval Health Research Center report.

THE COST

If you overestimated your burn by 125 calories a day, you would need an extra 6 weeks to reach your goal.

THE FIX

Use those calorie counts from a machine (or a tracker like the Nike+ FuelBand) to estimate how intensely you're exercising, says Brian Zehetner, M.S., C.S.C.S., the chief science officer for Anytime Fitness. Then ignite your own adaptive thermogenesis with high-intensity intervals or hard-core circuits. You'll burn more calories in less time and can boost your afterburn—the increase in resting metabolism that Italian research shows can last for up to 22 hours.

5

FACTOR IN ENOUGH SLEEP



Insufficient sleep frazzles your hormones, says Leslie Bonci, R.D., M.P.H., director of sports nutrition at the University of Pittsburgh Medical Center. "It stimulates hunger-inducing ghrelin and suppresses appetite-inhibiting leptin." Sleep-deprived folks eat about 300 extra calories a day, reports the New York Obesity Research Center.

THE COST

Those 300 calories result in 1.3 fewer pounds lost in week one!

THE FIX

Switch off bright lights and backlit electronics several hours before bed, says W. Christopher Winter, M.D., *MH* U.S. sleep medicine advisor. They interfere with production of sleep-inducing melatonin. In a study in *Applied Ergonomics*, people who used tablets for 2 hours before bed showed significant melatonin suppression. Slept poorly? Sip green tea with your a.m. oatmeal. A study in the journal *Appetite* suggests that doing so curbs hunger and helps you eat less at your next meals. Win-win!

—CINDY KUZMA

How to Cheat and Lose Big

A too-strict diet can undermine your weight-loss effort. To keep the pounds coming off, sometimes you need to break your own rules. **BY LOU SCHULER**

E

VERYONE KNOWS HOW TO LOSE WEIGHT. Eat less, move more, and buy new khakis. What could be simpler? Except it's not really that easy. For one thing, weight loss isn't linear. The more you lose, the more your body fights back by slowing your metabolism and increasing your hunger. ■ That's why so many diets that start as New Year's resolutions drown in pitchers of beer on your first pay day. Logically, there's no reason why a diet should end with a single slip-up. What's the worst that can happen? It sets you back a day or two. If your goal is permanent weight loss, what you do 6 days a week should matter more than what happens on the seventh. ■ In fact, some in the field suggest that a good diet plan should include wiggle room. In other words, you should plan to give yourself an occasional break—in the form of a cheat meal.



EXPERTS
SUGGEST THAT
A GOOD DIET
PLAN SHOULD
INCLUDE
WIGGLE ROOM.

The most popular example is *Body for Life*. Author Bill Phillips advised readers to follow his strict high-protein, low-fat plan 6 days a week and then use the seventh as a “free day” to eat whatever they wanted. Pizza, pancakes, “a Big Mac or two for lunch”—it was all on the table. Those free days, Phillips wrote, “may help convince your body that it is not starving.” But even more important is the psychology behind a break. “You don’t want to create standards you can’t meet,” he added.

The 12-week *Body for Life* program was put to the test in Skidmore College study. Even with 12 days of “anything-goes eating,” people on the program reduced their daily calories by 29 percent and lost an average of 11 pounds. But something interesting

happened along the way: “Many of the participants grew out of the free-day eating plan early on,” says study author Paul Arciero, D.P.E., a professor of health and exercise sciences at Skidmore. After the first couple of weeks, they were happy with a single cheat meal or an occasional dessert rather than a full day without rules. Although it was impossible to say whether the call to cheat was crucial to the participants’ success, Arciero was intrigued; he decided to follow up with several longer-term studies. What he’s finding could lead to new and less militant weight-loss strategies. Answer these questions and outsmart the flab monster.

■ Do cheaters win by losing?





A Brown University study estimated that 80 percent of overweight people who drop at

least 10 percent of their body weight regain some of it within a year. So it’s reasonable to ask if a diet that includes some kind of release valve—a way to fudge on the plan without giving up entirely—might work better than one that doesn’t. *Men’s Health* U.S. nutrition advisor Alan Aragon, M.S., points out that a strict all-or-nothing approach to dieting has been linked to such problems as overeating, weight gain, and anxiety. Conversely, people who take a more flexible approach—slip up occasionally but then quickly jump back on track—may have more success.

The goal is what researchers call “flexible restraint,” or the ability to stick to the plan most of the time without forcing yourself to refuse cake on your birthday. But that still doesn’t answer the

NIGHT OF THE LIVING DIET

Late night snacking isn’t always a recipe for disaster. If legitimate hunger strikes after 10, making the right choices could mean potential benefits, according to researchers.

			
<p>MORE MUSCLE</p> <p>In research published in <i>Medicine & Science in Sports & Exercise</i>, scientists in the Netherlands discovered that consuming casein (the dominant protein in milk) after an evening workout but 30 minutes before sleep increased protein synthesis in men.</p>	<p>FASTER METABOLISM</p> <p>A study from Florida State University found that when fit men eat a modest (150-calorie) nighttime snack consisting of protein or carbohydrates, they have a higher resting metabolic rate in the morning than when they consume nothing at all before bed.</p>	<p>LESS HUNGER</p> <p>Having a snack before bed may leave you less hungry in the morning and improve satiety between meals the next day, according to my lab’s research. The type of food didn’t matter, but emphasizing protein is smart because it helps you build muscle.</p>	<p>LOWER WEIGHT</p> <p>Having Seinfeld’s favorite food—breakfast cereal—may be an ideal way to end the day. In a Wayne State University study, people who ate cereal before bed lost roughly 2 pounds in 4 weeks, while people who didn’t have the cereal lost about a half pound.</p>

—MICHAEL ORMSBEE, Ph.D.

WHEN YOU LOSE
WEIGHT YOUR BODY
FIGHTS BACK BY
INCREASING YOUR
HUNGER LEVELS.



question of whether a planned cheat meal works better than waiting for your urges or the environment to sneak up and blindsides you with a plate of nachos or a pint of ice cream.

■ Who needs to cheat?

"If your body fat is really high, then you don't need a cheat meal," says Shelby Starnes, a nutrition coach and bodybuilder who has spent the past 7 years working with everyday Joes and elite lifters. "You can probably go weeks without one." How high is "really" high? If you're under 200 pounds and your waist is 36 inches or larger, then you're probably at least 20 percent fat, which suggests you've enjoyed quite a few cheat meals already.

The guy who most needs to cheat is the one who's doing exhausting workouts while adhering to a strict diet. "It's like a gas tank you've emptied," Starnes says. "You use cheat meals when you're depleted and your metabolism starts to drop a little bit." A slowing metabolism is an obvious handicap to someone trying to lose weight: you have to do more to accomplish less. But it's just one of the problems you hit when your diet is working.

"When people diet, they overrestrict their carbohydrates, fat, or both," Aragon says. Severe fat restriction, especially when it eliminates most saturated fat, may lower testosterone levels, Aragon says, while a low-carb diet could reduce levels of thyroid hormone. Lower T would make it harder to retain muscle while shedding fat. Less thyroid hormone may slow fat loss. Two other hormones could also be affected: Leptin, a hormone related to satiety, declines when you restrict calories, while ghrelin, a hunger-inducing hormone, rises.

Strategic cheating could reset all four hormones to optimal levels

90
Percentage of time
you should eat
healthfully, leaving
10 percent of the
time to cheat.

Source: Alan Aragon, MH nutrition advisor

and boost your metabolism. But it's important to note that no new research has examined the effect of cheat meals on these factors. So we looked at older studies of overfeeding and underfeeding to see what happened.

The answers aren't always what we expect. For example, a 1986 study in the journal *Metabolism* found that lean people's resting metabolic rates increased when they ate too much. But obese people's rates did not rise, a result that supports Starnes's point: Cheat meals tend to work better for relatively lean guys who are trying to become even leaner.

But even that may be a stretch. "The rise in metabolism doesn't last that long, and the increase in calories probably won't be offset," says Michael Ormsbee, Ph.D., an exercise and nutrition scientist at Florida State University. Cheat meals may work best for weight loss only if the noncheating part of your diet cuts calories enough to give you an overall deficit.

■ What are the best cheat foods?

Your choices should depend on what your diet has depleted, Aragon says. If you've been curtailing your fat intake, you want a high-fat cheat. If you've been going low-carb, then you want a high-carb cheat.

But all that is irrelevant if you crave something specific. "The psychological impact of depriving

yourself of food you like can sabotage you," Aragon says. "It gives the power to the food and takes the power away from the dieter." In other words, just eat what you want and enjoy it.

■ When is the best time to cheat?

Although weekends may seem perfect for nutritional anarchy, they're actually the most dangerous time. "You can spin out of control if your cheat meal stretches out to a full day or weekend," warns Ormsbee. Dinner is the ideal cheat meal because it's the easiest one to contain, says Starnes. But he cautions to eat for no longer than 45 minutes. He also recommends having your cheat meal the night before your toughest workout. The extra calories, combined with your improved mood, can make that training session more productive.

■ How often should you cheat?

Starnes supports one cheat meal a week, but Aragon's approach is more nuanced: eat right 90 percent of the time, and leave 10 percent of calories for cheating. He offers three options:

- ▶ One huge indulgence a week—"2,000 to 3,000 calories of pure junky goodness."
- ▶ Two 1,000- to 1,500-calorie meals a week.
- ▶ The most popular option:

A small indulgence daily. "For most guys, this boils down to 200 to 300 calories."

Arciero's research points to the same conclusion, "The cheat foods were embedded with healthy meals. It's a very effective adherence strategy," he says.

It also suggests a new weight-loss paradigm: it's okay to have something fun every day. After all, you aren't cheating on your diet as much as following it.

STRATEGIC CHEATING
COULD REST YOUR
HUNGER HORMONES
AND BOOST YOUR
METABOLISM.

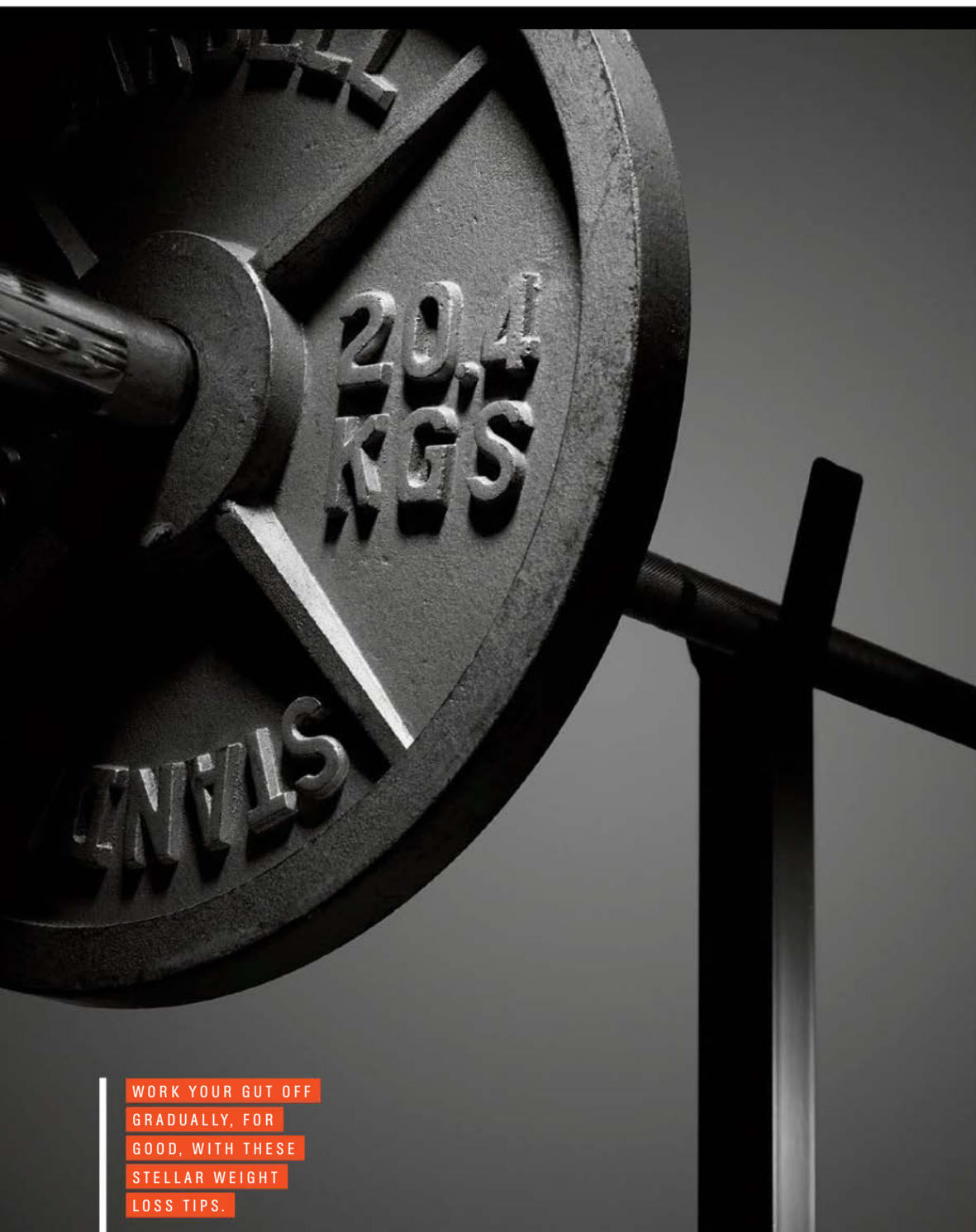


Go Without Your Gut

Belly too big? Think small. Choose from our list of easy expert-approved, research-backed waist reducers, and shrink your gut in no time flat. **BY CINDY KUZMA**

R

IVERS CUT CANYONS. CONTINENTS drift. The guy in seat 23F hogs the armrest. Before we even notice, subtle shifts can add up to big changes. Social scientists call this “creeping normalcy.” It’s bad news when it comes to climate change or paunch development, but you can use it as a tool to sculpt a new, leaner you. ■ A dramatic diet change—say, cutting hundreds of calories a day—can slow your metabolism and thwart your efforts to lose lard. But with smaller adjustments, your body’s furnace won’t dial down and weight loss may be easier. That’s according to Scott Kahan, M.D., M.P.H., director of the National Center for Weight and Wellness in Washington, D.C., and a faculty member at Johns Hopkins University. He’s one of many experts we consulted for this compendium of simple baby steps that add up to giant leaps for mankind.



WORK YOUR GUT OFF
GRADUALLY, FOR
GOOD, WITH THESE
STELLAR WEIGHT
LOSS TIPS.

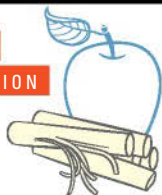
■ In fact, focusing on just one seemingly trivial change each week can result in about four times the weight loss over a four-month period that a standard diet-and-exercise plan would yield, a study in the *Annals of Behavioral Medicine* found. ■ Another study published in the journal *Eating Behaviors* found that overambitious diet expectations can lead to big weight fluctuations. So focus on small steps and gradual weight loss for long-lasting results. Start by trying out the following tweaks over the coming weeks—but only a few at a time!

CUT YOUR CONSUMPTION

1

Preload

Before a big restaurant meal, eat a 200-calorie snack that contains at least 15 grams of protein—a shake with whey protein powder, for example, or an apple with string cheese. With a gut full of satiating protein and fewer hunger hormones circulating, you'll eat less at the restaurant and cut your total calorie count as a result, says Dr. Kahan.



2 Don't Top Off

Picture a gas gauge in your gut; E means you're ravenous and F represents full. Aim to stay between a half and three-quarters of a tank by eating before you feel famished and stopping when you're satisfied, not stuffed, says Matt Lawson, M.A., N.C.C., L.P.C., a behavior coach for the weight-loss company Retrofit.

3 Chew on It

Men in a Chinese study who chomped each bite 40 times ate 12 percent less than those who chewed 15 times. Chewing may kickstart the digestive process, speeding the release of gut hormones linked to satiety, the researchers say.

4 Think Like a Foodie

Take time to note the texture, smell, and source of your food. Saying things like "This grass-fed Neiman Ranch rib eye is juicy" can create a vivid "meal memory" that keeps you fuller for longer so you snack less later, a U.K. study found.

5 Read an Awesome Health, Fitness, and Nutrition Magazine

Researchers in the Netherlands say this tactic, called priming, works on a subconscious level. Most recently they found that people who were handed recipes with diet-related keywords when entering a grocery store bought fewer chips, cookies, and cakes—even if they said they hadn't really paid much attention to the handout.

6 Plan Store Trips

Starving shoppers really do load their carts with more high-calorie options, a study in *JAMA Internal Medicine* reports. The best time to shop is after breakfast on a weekend, says Anita Mirchandani, M.S., R.D., a New York City dietitian and the cofounder of FitMapped, a fitness directory website and app. If that's not a good time for you, buy a medium-size fruit or some fresh vegetables from the salad bar to nosh on as you shop.

7

SNACK ON THIS	NOT THAT
 <p>2 celery stalks, 1 cup carrot strips, 2 tbsp guacamole 120 CALORIES 4.5 G FAT</p>	<p>15 Lay's Classic potato chips with 2 tbsp Lay's Smooth Ranch dip 220 CALORIES 15 G FAT</p>
 <p>5.3 oz yogurt 2%, strawberry 140 CALORIES 2.5 G FAT</p>	<p>½ cup Häagen-Dazs strawberry ice cream 240 CALORIES 15 G FAT</p>
 <p>1 oz air-popped popcorn with 1 tsp chili powder 118 CALORIES 1.5 G FAT</p>	<p>6 Tostitos "hint lime" tortilla chips; 2 tbsp Gordo's cheese dip, mild 220 CALORIES 13 G FAT</p>
 <p>1 cinnamon raisin English muffin, 1 tbsp cream cheese 190 CALORIES 6 G FAT</p>	<p>1 single-serve cheese danish 400 CALORIES 19 G FAT</p>

8

DRINK THIS	NOT THAT
 <p>water with 1 lemon wedge 1 CALORIE</p>	<p>20 oz Coca-Cola 240 CALORIES</p>
 <p>1 shot (1.5 oz) vodka with club soda 97 CALORIES</p>	<p>San Miguel Beer Cerveza Negra 150 CALORIES</p>
 <p>8 oz vegetable juice 50 CALORIES</p>	<p>AriZona Kiwi Strawberry juice drinks (8 oz) 120 CALORIES</p>

9 Eat Flat-Belly Fare

When you subtract calories from your diet, add back the right stuff: A study in the *American Journal of Clinical Nutrition* finds that certain nutrients can help keep you in shape. Grub high in the ones listed below tends to be lower in calories and higher in filling fiber, says study author Christina Shay, Ph.D.

VITAMIN A

In a study in the journal *Obesity*, vitamin A helped regulate fat tissue in mice. Those fed A-deficient diets were the fatter rats.

FIND IT IN Sweet potatoes, carrots, spinach

VITAMIN C

Researchers from Spain found that obese rats on high-fat diets gained less fat if their chow was enriched with C. The vitamin's antioxidant effects may cut fat formation.

FIND IT IN Red peppers, oranges, broccoli

NONHEME IRON

Researchers from Australia say obese people experience disruptions as their bodies metabolize iron, although it's not clear why. Most of the iron in your diet is nonheme, which means it comes from plant sources. Heme iron comes from animal sources such as beef.

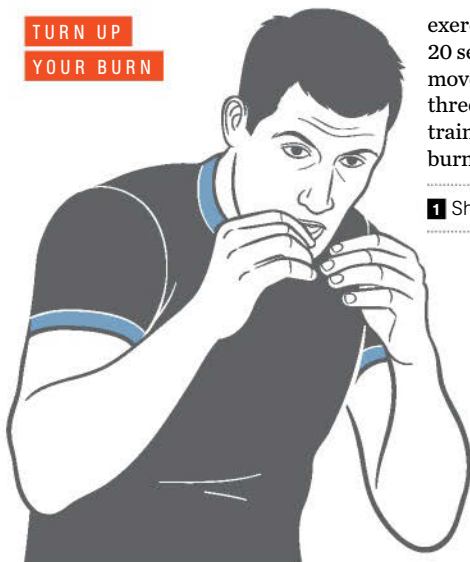
FIND IT IN White beans, lentils, artichokes

MAGNESIUM

One study found that the less magnesium people consumed, the more likely they had a cluster of conditions (including obesity) that raises heart disease and diabetes risk. Magnesium deficiency coupled with obesity may contribute to insulin resistance.

FIND IT IN Bulgur, chickpeas, Brazil nuts

TURN UP YOUR BURN



exercise for 20 seconds, with 20 seconds of rest between moves. Do the cycle two or three times. Interval-style training can increase calorie burn for up to 22 hours.

1 Shadowboxing

2 Jumping rope

3 Walking lunge

4 Side shuffle with medicine ball

5 High-low exchange*

6 Box jump

7 Pushup with row

8 Rotational situp

9 Burpee

10 Pullup

10

Steal a Workout from a Pro

D.C. United goalkeeper Bill Hamid helped cut his body fat from 19 percent to less than 10 percent with this workout. Do each

*Lie on your back and hold a Swiss ball between your ankles. Then pass it from feet to hands, keeping your core tight.

11 Change Things Up

Swap rowing for running or free weights for machines. New moves can help speed your heart rate from 60 percent to 80 percent of your max, so you burn an extra 120 calories an hour, says Scott Danberg, M.S., fitness director at the Pritikin Longevity Center + Spa. Also, constantly assess how challenging your workout feels. By noting progress and increasing your weight and intensity accordingly, you will avoid undesirable plateaus.



12

Hit the Sand

Running on a shifting surface can force you to expend 30 percent more energy than running on grass does, according to a study in the *Journal of Science and Medicine in Sport*. The result is more calories burned, because your muscles must work harder to stabilize your body. Nowhere near a beach? No problem. Just choose the least stable terrain you can find—soft grass or a trail, say—instead of hard asphalt.

13 Go Back-to-Back

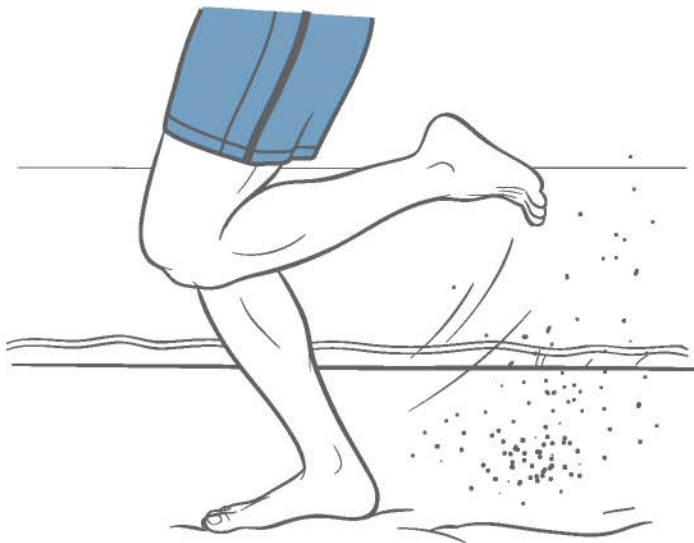
To crank your metabolism, rest just 30 to 60 seconds between your weightlifting sets, says trainer Marc Perry, C.S.C.S., C.P.T., founder of BuiltLean.

14 Wake Up Earlier

...and work out before breakfast. (Okay, not all of these are easy.) You'll force your body to burn stored fat, a recent U.K. study found.

15 Do Full-Body Cardio

The more muscle groups you involve, the more calories you torch. A 175-pound guy burns about 335 calories in 30 minutes of vigorous rowing—138 more than in an elliptical workout.



16 Walk or Run a Mile

C'mon, it'll just take a few minutes. Doing this instead of driving that distance can result in a BMI decrease comparable to cutting 100 calories a day, a study in *Preventive Medicine* suggests.

17 Race a Fitter Friend

Cyclists competing with an opponent who was slightly speedier pushed hard for 9 minutes longer than those who cycled alone, say researchers at Michigan State University.

18 Move More Outside the Gym

A 175-pound guy doing any of these can burn about 40 calories in 10 minutes.

● BATHE THE DOG

● CARVE WOOD

● PLAY GUITAR

● MOP THE KITCHEN FLOOR

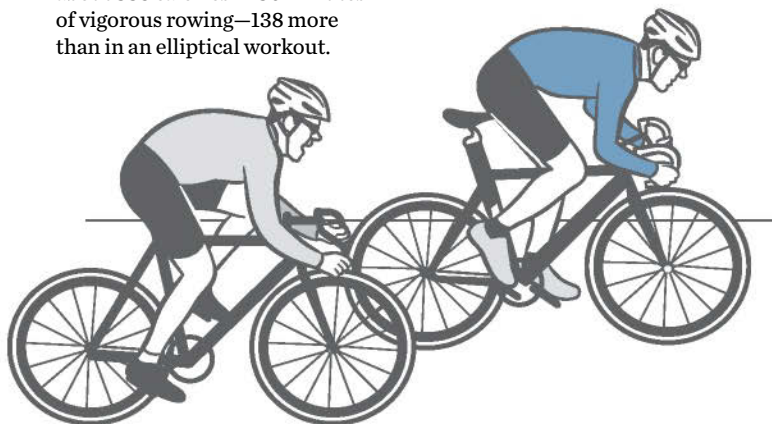
● MAKE THE BEDS

● PULL WEEDS

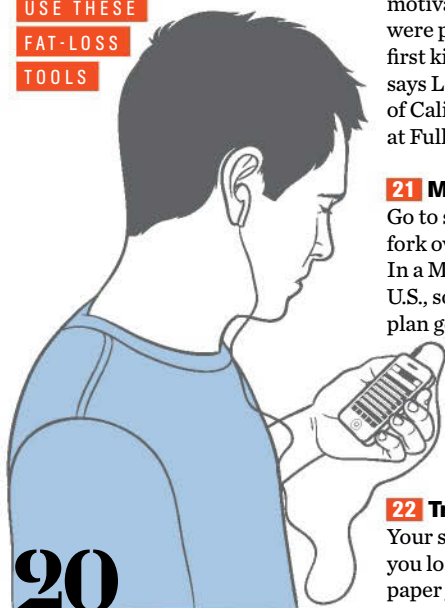
● WALTZ OR TANGO

19 Push to Excel

Few moves work faster than the pushup to broaden your upper body and make your waist look smaller. By moving your hands out and away from your torso, you "force your pecs to work harder," says BJ Gaddour, C.S.C.S. Hold that position for 30 seconds and you will increase the amount of time your pecs are under tension, further accelerating their growth.



USE THESE
FAT-LOSS
TOOLS



20

Listen to Your Past

Music that inspires you helps you work out harder and longer, research shows. You'll be

motivated most by songs that were playing when you had your first kiss or won something, says Lee Brown, C.S.C.S.D., Ed.D., of California State University at Fullerton.

21 Make a Deal

Go to stickk.com and pledge to fork over cash if you miss a goal. In a Mayo Clinic study in the U.S., some people in a weight-loss plan got paid each month they shed pounds and paid up if they didn't. They lost 7 pounds more in a year than those with no cash at stake.

22 Track Your Meals

Your smartphone app can help you lose more weight than a paper journal can, reveals British research. Try MyNetDiary Pro (P179.85 on the App Store and Google Play): It has a superfast scanner, letting you enter calorie data by scanning the bar codes on










food packages. Keep it handy on the weekends, especially, when the binge risk looms largest, says Leslie Bonci, M.P.H., R.D., University of Pittsburgh Medical Center sports nutrition director.

23 Break Out the Measuring Spoons and Cups

You don't have to use them religiously, but haul them out every few weeks for a spot check. Serve yourself a typical portion, then measure to see how far you've strayed from the recommended serving size, says Allison Stowell, M.S., R.D., a dietitian for the nutrition guidance program, Guiding Stars. By checking in with your measuring utensils, you will mitigate the natural tendency to oversize your portions, which will allow you to stay on track with weight loss. Out to dinner? Find an app that provides on-the-go portion size estimates to help you avoid overindulging.

SERVE YOURSELF

Are you underestimating your intake? Be wary of these foods; they frequently come in oversized portions.

	 HAMBURGER cooked weight	 BAGEL	 MUFFIN	 FRENCH FRIES	 CHEESE PIZZA SLICE	 BEER	 STEAK cooked weight	 SODA	 PASTA cooked, no sauce
STANDARD SERVING SIZE oz, except as noted	2.5	2	1.5	2.5	5	12 FL OZ	2.5	12 FL OZ	0.5 CUP
AVERAGE MEASURED WEIGHT OF FOOD oz, except as noted	5.3*	4.4*	6.5	6.7*	7*	15.4 FL OZ	8.1	23** FL OZ	2.9 CUP
% BIGGER	110	120	330	170	40	3	220	90	480

*Chain restaurant **Fast-food outlet Adapted from the *Journal of the American Dietetic Association*



The 4-Week Fat Shredder

Harness the power of metabolic resistance training to get fit faster than ever. **BY MICHAEL EASTER**

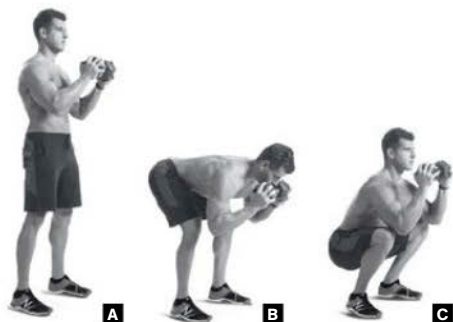


IF YOU'RE LOOKING FOR A CUTTING-EDGE fitness system that melts fat, incinerates calories, and builds serious strength, then it's time to tap into the power of "metabolic resistance training." ■ You might describe metabolic resistance training as both an evolution and a fusion of a classic circuit workout and high-intensity interval training. In other words, this 4-week plan will torch serious calories. ■ "By working more muscle in every exercise, you'll build greater total-body strength while torching calories at a blistering pace," says trainer BJ Gaddour, C.S.C.S., who created the workouts in this chapter. Plus, he says, people like the fast-paced, timed approach better than rep-counting routines. "There's no minute wasted and there's nothing to think about; you just work and sweat," he says. "And when you're done, you feel like you've conquered the world. That feeling is what keeps you coming back."

SLASH FAT WITH
A WORKOUT
THAT COMBINES
CARDIO AND
STRENGTH MOVES.



WORKOUT A



DUMBBELL GOOD MORNING TO CLOSE-STANCE FRONT SQUAT

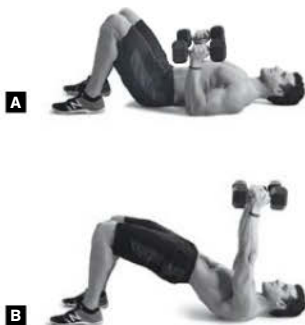
Hold a dumbbell in front of your chest with your feet hip-width apart and knees slightly bent **A**. Push your butt back and hinge at your hips, lowering your torso until it's nearly parallel to the floor **B**. Hold for 2 seconds and return to the starting position. Keeping your torso upright, squat down until your thighs are at least parallel to the floor **C**. Hold for 2 seconds and return to the starting position.

MAKE IT EASIER

Squat onto a bench.

MAKE IT HARDER

Increase the weight, hold a dumbbell in each hand, or squat deeper.



DUMBBELL HIP RAISE AND FLOOR PRESS

Lie on your back with your feet flat and a dumbbell in each hand **A**. Drive through your heels as you raise your hips and extend your arms **B**. Hold for 2 seconds and slowly return to the starting position.

MAKE IT EASIER

Decrease the weight.

MAKE IT HARDER

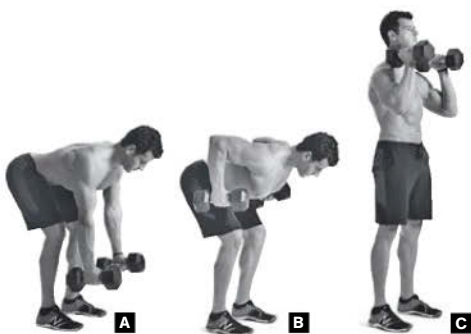
Lift one leg off the floor. Switch legs after 30 seconds.

DIRECTIONS

Do three workouts a week, alternating between A and B with a day of rest in between. Perform the workouts as circuits, doing each exercise for 60 seconds and moving from one to the next with 30 seconds of rest. Do up to six circuits per workout, resting 1 minute between them. "For an even greater challenge, combine both workouts into one big circuit," says Gaddour. Follow the same work-to-rest ratio, doing up to three megacircuits per workout, three times a week.



Many guys approach strength and cardio separately. "But by combining them, you can make every workout pull double duty" says BJ Gaddour, C.S.C.S., who created the ones in this chapter based on *Speed Shred* from *Men's Health DeltaFIT* (learn more on page 43). The result: two fat-frying routines that will set your lungs on fire.



NEUTRAL-GRIP DUMBBELL ROW TO CLEAN

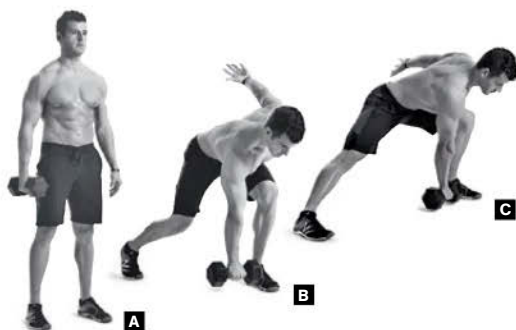
Lower your torso and let the weights hang at arm's length, palms in **A**. Row the weights to your sides **B**, hold for 2 seconds, lower them, and repeat. Drive your hips forward, raise your torso, and curl the weights **C**.

MAKE IT EASIER

Decrease the weight.

MAKE IT HARDER

Increase the weight.



DUMBBELL FORWARD HINGE TO SIDE LUNGE

Hold a dumbbell in your right hand **A**. Step forward with your left leg and lower the weight to your left foot **B**. Stand back up. Step out to your left and lower the weight to your left foot **C**. Switch legs after 30 seconds.

MAKE IT EASIER

Decrease the weight.

MAKE IT HARDER

Increase the weight.



MUD RUN PUSHUP CRAWL

Assume a pushup position and lower your chest until it's a few inches off the floor. Move your right hand forward a few inches **A**, then your left **B**, and continue crawling forward for the allotted time.

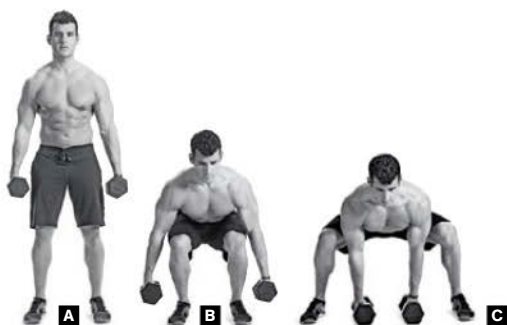
MAKE IT EASIER

Keep your chest farther off the floor.

MAKE IT HARDER

Alternate crawling forward, backward, and side to side.

WORKOUT B



DUMBBELL SUITCASE DEADLIFT TO SUMO DEADLIFT

Hold a pair of dumbbells next to your sides and stand with your feet close enough that the weights don't touch your body **A**. Keeping your chest up, bend at your hips and knees and lower the weights as far as you can without rounding your back **B**. Pause for 2 seconds, and stand up. Now step to your left so your feet are twice shoulder width, and lower the weights between your legs **C**. Stand up. Switch the direction you step into the sumo deadlift with each rep.

MAKE IT EASIER

Use only your body weight.

MAKE IT HARDER

Increase the weight.



DUMBBELL STAGGERED PUSH PRESS

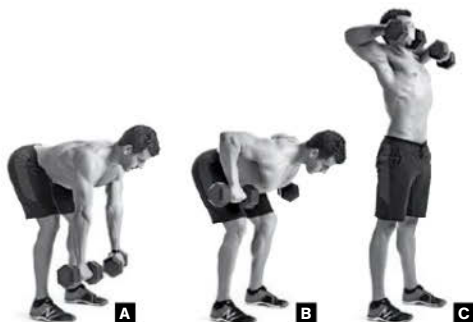
Hold a pair of dumbbells at shoulder level and assume a staggered stance, left foot forward **A**. Lower into a quarter squat **B** and explosively stand, pressing the weights overhead **C**. Switch legs after 30 seconds.

MAKE IT EASIER

Decrease the weight or assume a parallel stance.

MAKE IT HARDER

Increase the weight or drop into a full squat.



DUMBBELL ROW TO HIGH PULL

Hold a pair of dumbbells at arm's length, palms back, and lower your torso **A**. Pull the weights to your chest **B**, hold for 2 seconds, lower them, and repeat. Stand up explosively, pulling the weights as high as you can **C**.

MAKE IT EASIER

Decrease the weight.

MAKE IT HARDER

Increase the weight.



DUMBBELL HAND-TO-HAND STAGGERED HIP-HINGE

Hold a dumbbell in your left hand, left foot forward **A**. Bend at your hips and pass the weight to your right hand **B**. Raise your torso and repeat, passing the weight to your left hand. Switch legs after 30 seconds.

MAKE IT EASIER

Decrease the weight or assume a parallel stance.

MAKE IT HARDER

Increase the weight or perform on one leg at a time.



MODIFIED HANDSTAND SHOULDER TAP

Place your feet on a bench and pike your hips **A**. Slowly raise your right hand and touch your left shoulder **B**. Repeat with your left hand and right shoulder. Keep alternating sides.

MAKE IT EASIER

Assume a standard pushup position.

MAKE IT HARDER

Perform with your legs fully extended against a wall.

THE 82-DAY FAT-LOSS SOLUTION

If you like the workout detailed in this chapter, then you'll love *Speed Shred*, the eight-DVD fitness program from trainer BJ Gaddour and *Men's Health DeltaFIT* (available at SpeedShredWorkout.com). Each of the 18 workouts is a strategic fusion of high-intensity intervals and strength training to help you transform your body faster than you ever thought possible. Read on for a taste of what you can accomplish by completing just three 30- to 40-minute sessions a week.

1/ DOUBLE YOUR MUSCLE: The unique design of *Speed Shred* interval workouts causes not one but two kinds of muscle growth. "Myofibrillar hypertrophy" occurs when you lift heavier weights

for shorter intervals and then "sarcomplasmic hypertrophy" happens when you use lighter weights for longer intervals.

2/ INCINERATE CALORIES AND FAT: Estimates from scientists at the University of Southern Maine show that *Speed Shred*-style workouts can torch as many calories as running at a 3-minute-km pace.

3/ IGNITE YOUR METABOLISM: Unlike aerobic exercise sessions, *Speed Shred* workouts boost your metabolism for up to 48 hours. The result: Your body burns more calories every single second of the day.

PLAYING FAVORITES IS NATURAL.

But doing it with exercises can lead to injury. "Many guys have shoulder imbalances and tight lats, especially if they do lots of chinups and pullups," says BJ Gaddour, C.S.C.S., creator of *Speed Shred* from *Men's Health DeltaFIT*. The key to offsetting such imbalances is to incorporate opposing movement patterns into your workout. "The modified handstand shoulder tap is great in that regard," Gaddour says. "It lengthens your lats and boosts shoulder mobility as well as overall strength." Follow his tips below to master the move, part of Workout B on the previous page.



GRIP THE GROUND

Splaying your fingers and grasping the floor will take pressure off your wrists and increase your base of support. Pressing down with your palms, meanwhile, will activate the muscles around your armpits, securing your shoulders and preventing a muscle impingement, explains Gaddour.



LIFT YOUR HIPS

Assuming a pike position allows the exercise to really work its magic. "Lifting your hips shifts the workload from your chest to your shoulders and upper back," says Gaddour. "It also gives you that all-important stretch in your lats." That boosts shoulder mobility and range of motion.



BRACE YOUR CORE

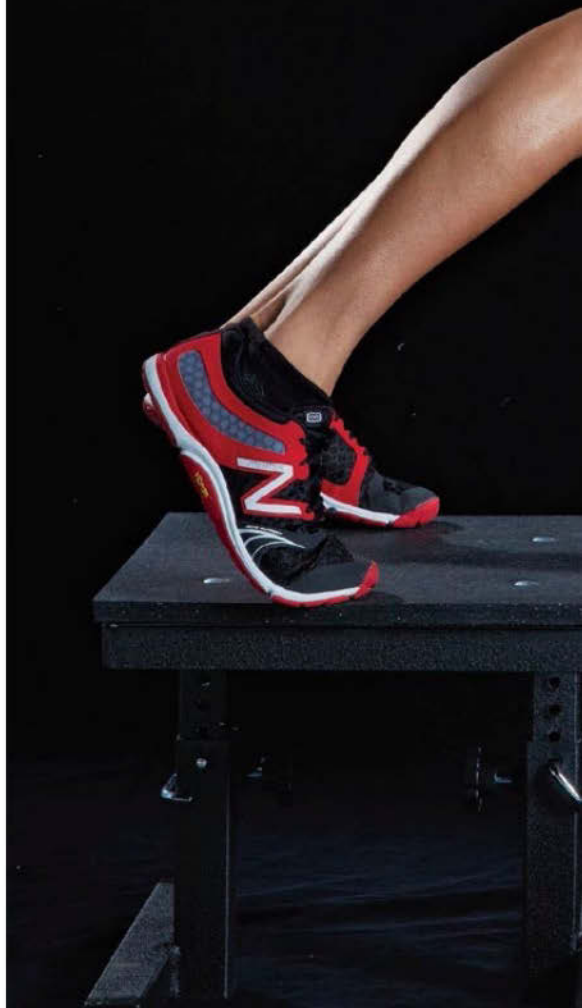
"Once you're upside down, tighten every muscle in your body, especially your core muscles and glutes," says Gaddour. "That will lock you into position, making you less likely to teeter over." While you're at it, keep your torso straight from your hips to your head to minimize the stress on your spine.



PACE YOURSELF

"This exercise isn't a speed drill," says Gaddour. "Slowly touch one shoulder at a time, holding each tap for a count of two." That brief pause will increase the time your muscles are under tension—and the harder they work, the more they'll grow and the stronger you'll become.

—M.E.



A full-page photograph of a muscular man with a beard and short dark hair, performing a handstand on a dark, wrinkled mat. He is wearing dark blue athletic shorts. His body is inverted, with his head near the floor and his legs extended upwards and slightly to the side. The background is a solid dark color, making the man's physique stand out. The lighting highlights the contours of his muscles.

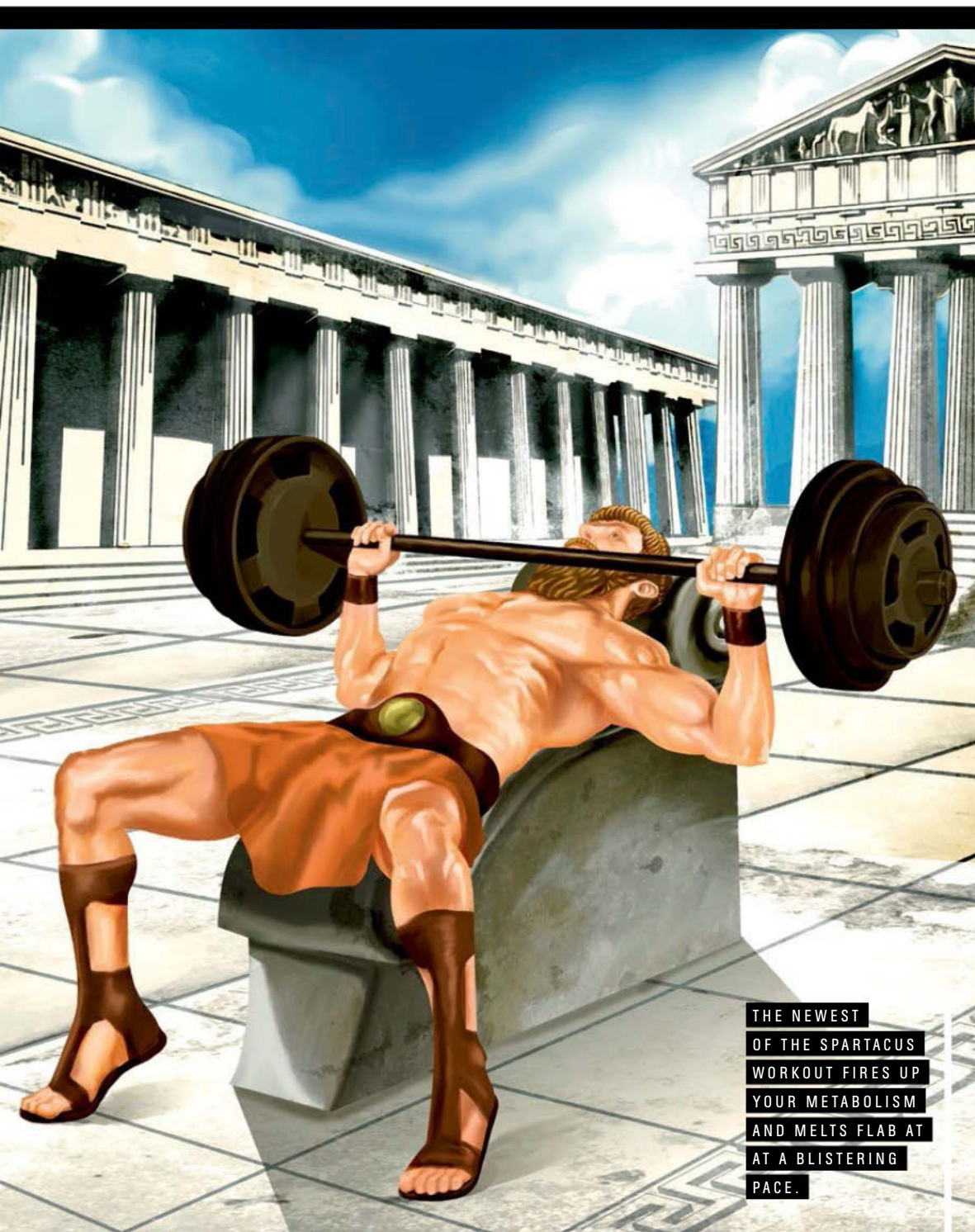
OFFSET MUSCLE
IMBALANCES BY
ADDING OPPOSING
MOVEMENT INTO
YOUR WORKOUT.

The Spartacus Workout

The fitness plan you need to sculpt the ancient warrior within. **BY ADAM CAMPBELL**

F

OUR YEARS AGO, THE PRODUCERS AT STARZ asked *Men's Health* to create a workout worthy of the name *Spartacus*, the network's hit original series, which starred Liam McIntyre in the title role for the final two seasons. Inspired by the dedication of McIntyre and the rest of the cast, who went through creatively grueling workouts to look their parts, we did just that. We enlisted the help of Rachel Cosgrove, C.S.C.S., an Ironman triathlete and 2012 personal trainer of the year, and it became the most popular workout in *Men's Health* history! ■ Better than ever, Cosgrove's newest version of the Spartacus Workout uses triple sets—you go all-out for 40 seconds, rest for 20 seconds, and repeat—to fire up your metabolism and melt flab at a blistering pace. It's your 4-week plan for building the body you've always wanted. So prepare to sizzle and chisel: We're about to turn up the heat on your body fat.



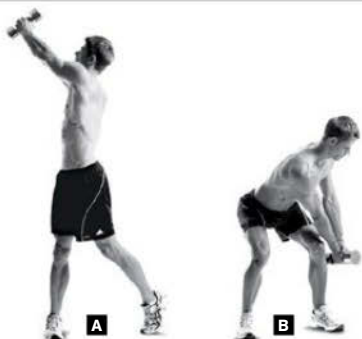
THE NEWEST
OF THE SPARTACUS
WORKOUT FIRES UP
YOUR METABOLISM
AND MELTS FLAB AT
AT A BLISTERING
PACE.

TRIPLE SET 1



PLANK WITH LEG LIFT

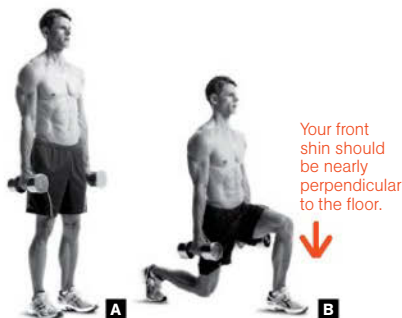
Assume a pushup position but with your weight on your forearms instead of your hands. Brace your abs, clench your glutes, and keep your body straight from head to heels **A**. Now raise your right leg and hold that position for 1 second **B**. Lower your right leg and raise your left leg. Continue alternating legs.



1b

DUMBBELL CHOP

Hold a dumbbell hand-over-hand above your right shoulder, as shown **A**. Keeping your arms nearly straight, bend your hips, pivot your feet, and forcefully rotate your torso to the left as you draw your arms down and across your body **B** (as if you were chopping wood). When your hands reach outside of your left knee, stop and reverse the move to return to starting position.



1c

DUMBBELL LUNGE

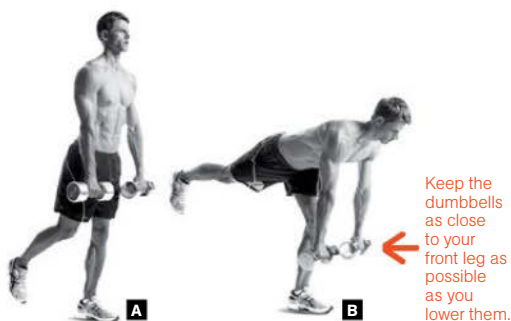
Hold a pair of dumbbells next to your sides and stand tall with your feet hip-width apart **A**. Keeping your torso upright, take a large step forward with your left leg and slowly lower your body until your left knee is bent 90 degrees and your right knee nearly touches the floor **B**. Step back to the starting position and repeat with your right leg. Continue alternating legs.

► DIRECTIONS

Perform the following workout 3 days a week with a day of rest between each session. For each exercise, you'll do as many reps as you can in 40 seconds, followed by 20 seconds of rest. Start with Triple Set 1, performing 1 set of each exercise in succession. Rest for 60 seconds after you complete all three exercises in the triple set, and do them all a second time. Next, repeat the procedure for Triple Sets 2 and 3.

► The Spartacus Workout is available on DVD! Go to SpartacusWorkoutDVD.com to get this workout and the Total Body Blitz in our exclusive two-disc set.

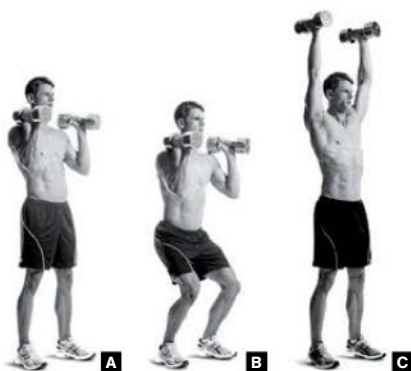
TRIPLE SET 2



2a

DUMBBELL SINGLE-LEG, STRAIGHT-LEG DEADLIFT

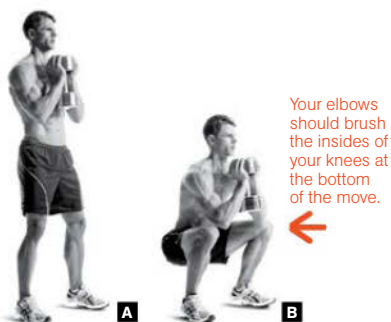
With an overhand grip, hold a pair of dumbbells at arm's length in front of your thighs. Stand with your left knee slightly bent and your right foot off the floor **A**. Keeping your right leg in line with your torso, lower your torso until it's parallel to the floor **B**. Pause and return to the starting position. After 20 seconds, switch legs. Repeat.



2b

DUMBBELL PUSH PRESS

Stand holding a pair of dumbbells just outside your shoulders, your palms facing each other **A**. Dip your knees **B** and push up explosively, using your lower-body power to help press the dumbbells overhead **C**. Lower the weights and repeat.

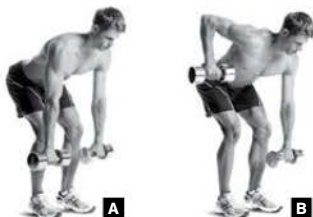


2c

GOBLET SQUAT

Grab a dumbbell and stand with your feet slightly beyond shoulder-width apart. Cup one end of the dumbbell with both hands and hold it vertically in front of your chest, elbows pointing down. This is the starting position **A**. Keeping your back naturally arched, push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor **B**. Pause, and then push yourself back to the starting position.

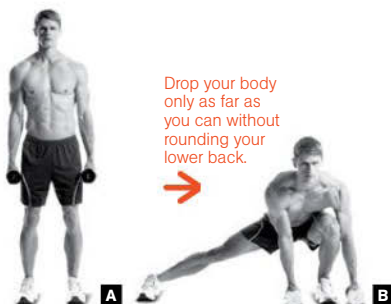
TRIPLE SET 3



3a

DUMBBELL ALTERNATING ROW

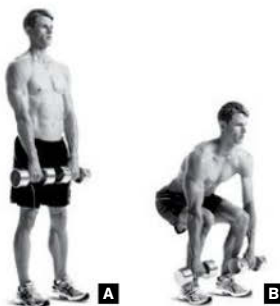
Grab a pair of dumbbells, bend at your hips, and lower your torso until it's nearly parallel to the floor. Let the dumbbells hang at arm's length, palms facing back **A**. Without moving your torso, row the weight in your right hand upward by raising your upper arm, bending your elbow, and squeezing your shoulder blade toward your spine **B**. Lower the dumbbell and repeat with your left arm. Continue alternating arms.



3b

DUMBBELL SIDE LUNGE AND TOUCH

Hold a pair of dumbbells at arm's length next to your sides **A**. Take a big step to your left and, keeping both feet flat on the floor, lower your body by pushing your hips back and bending your left knee. If you can, touch the dumbbells to the floor **B**. Repeat to your right. Continue alternating sides.



3c

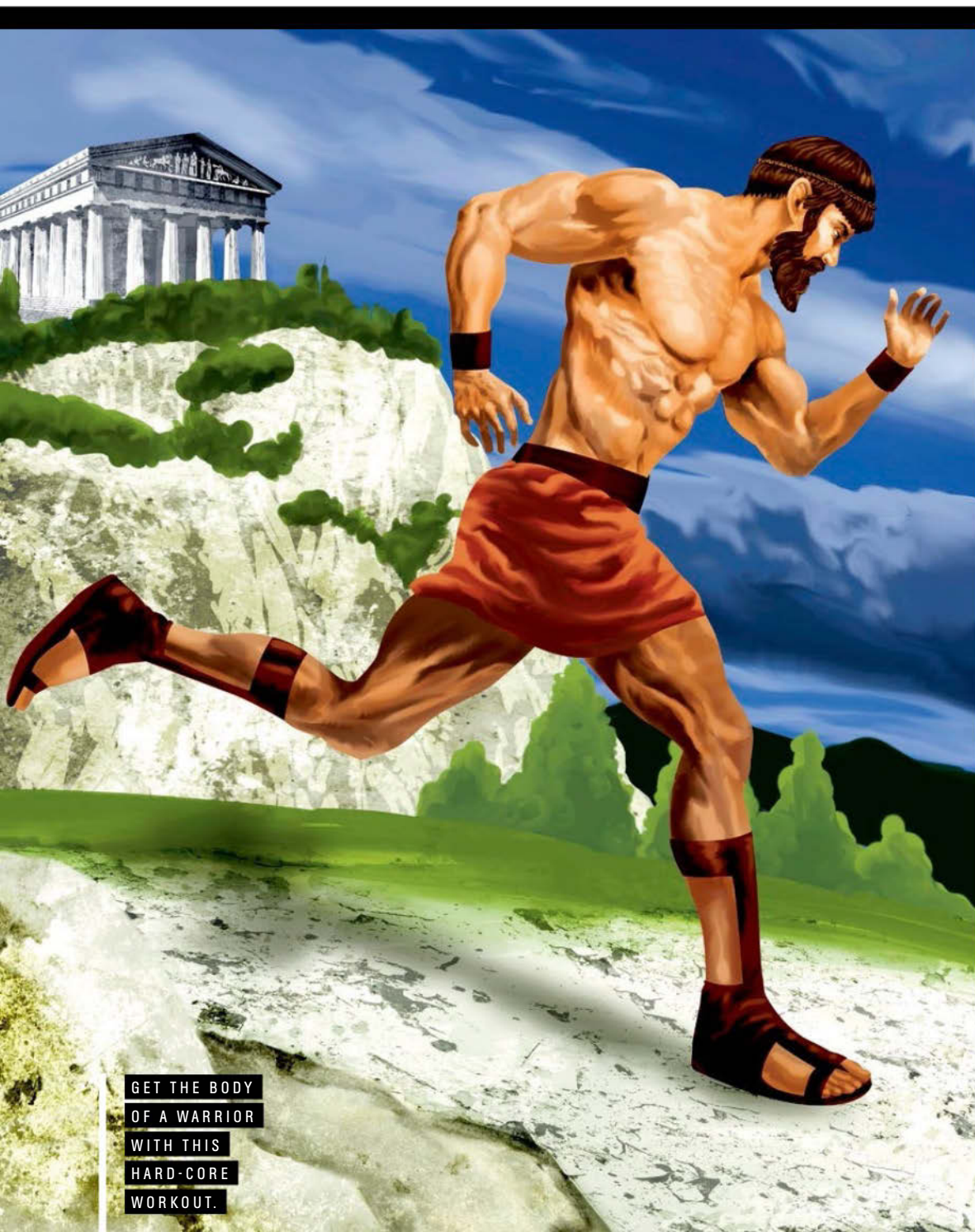
DUMBBELL DEADLIFT

Hold a dumbbell in each hand at arm's length in front of your thighs with your feet shoulder-width apart **A**. Without rounding your lower back, push your hips back, bend your knees, and lower the dumbbells as far as possible **B**. Pause, and then push yourself back up. If that's uncomfortable, spread your feet to about twice shoulder width and lower the dumbbells between your legs.

▶ A WORKOUT WITH A LEGACY: Remembering Andy Whitfield

Each of us finds inspiration in different ways. What propels you to the gym? What makes you want to improve? What inspires you to reach for everything life has to offer? Find something that works for you, and be sure to use it every day. ■ Whenever we do a Spartacus workout here at *Men's Health*, we remember Andy Whitfield, who originally starred in the series before being diagnosed with non-Hodgkin's lymphoma and gamely battling this blood cancer.

■ Andy, a husband and father, passed away at the age of 39 on September 11, 2011. ■ His loss should serve as a reminder to all of us: Move while you can, and move for those who can't. No excuses. If you feel like skipping a workout because you're time crunched, lazy, or just hung over, find perspective. Liam McIntyre did. "I think of Andy and remind myself that no day is too hard," he told us. To that we say, Amen, brother. —THE *MEN'S HEALTH* EDITORS



GET THE BODY
OF A WARRIOR
WITH THIS
HARD-CORE
WORKOUT.

REV UP YOUR WORKOUTS

PART 2

Primed for Strength

The most important part of any workout is the one most guys skip. **BY TONY GENTILCORE, C.S.C.S.**

J

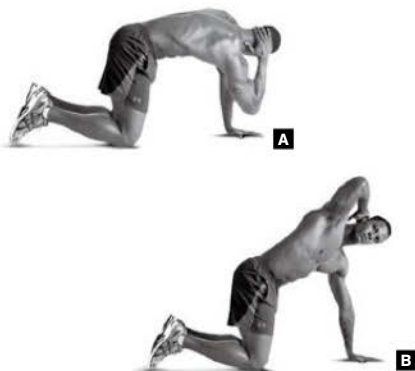
UST ABOUT ANY AUTO MECHANIC WILL tell you not to stomp on the accelerator right after a cold start. He knows that a car's engine functions best when its fluids have had enough time to heat up so they can circulate efficiently. It's a shame that so few men apply this logic to the ultimate machines: their bodies. We know all the reasons guys use to avoid warming up before a workout: "It's boring." (If this has been your experience, then you're probably doing it wrong.) "I don't have enough time." (Actually, you do.) ■ A decent warmup will improve your range of motion in the joints that need to move. It also enhances the stability of those that don't, reducing your risk of injury. A good warmup primes your muscles to play sports and to handle more weight so you can accomplish more in less time. And a great warmup—like the routine shown here—can do all that in just 10 minutes.



LEVERAGE
YOUR WARMUP
TO CRUISE
FROM SKINNY
TO SHREDDED.

THE ULTIMATE 10-MINUTE WARMUP

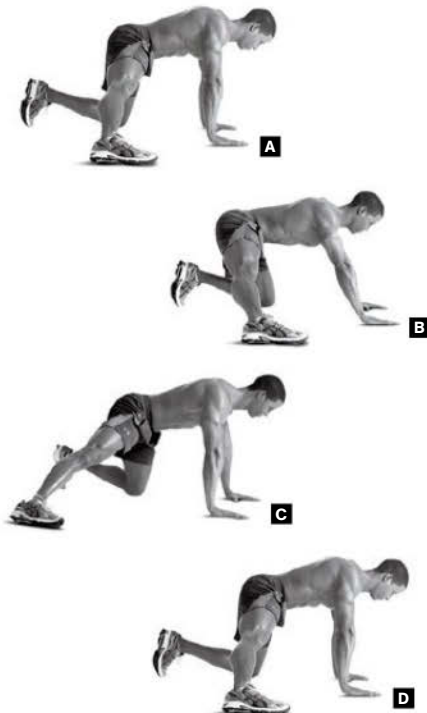
Perform these five moves before every workout. Do 1 set of each, without resting between sets. After you finish, you're ready to lift.



1/ KNEELING EXTENSION-ROTATION

TARGETS: SHOULDERS, UPPER BACK

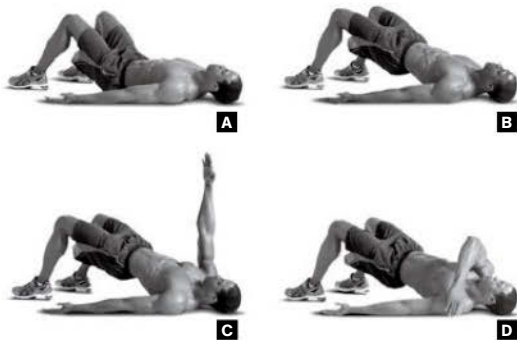
HOW TO DO IT Kneel on all fours so your back is flat and your arms are straight, palms flat on the floor. Place your right hand on the back of your head. Keeping your left arm locked, rotate your shoulders until your right elbow points inward **A**. Then reverse the move and raise your right elbow toward the ceiling as you turn your head and upper back as far to the right as you can **B**. That's 1 repetition. Do 8 and repeat with your left side.



2/ KNEELING INNER-THIGH MOBILIZATION

TARGET: GROIN AREA

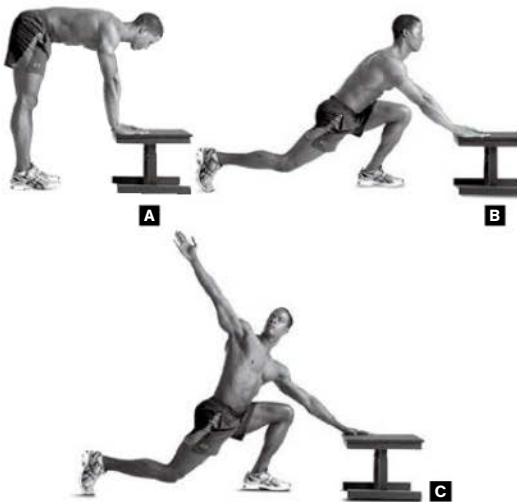
HOW TO DO IT From the same kneeling position, straighten your right leg and move it to the side so it's perpendicular to your torso; keep your right foot on the floor, your toes pointing straight ahead. This is the starting position **A**. Keep your back flat and push your hips back as far as you can **B**. (For most men, that's 6 to 8 inches.) Now push your hips forward, past the starting position **C**. (Again, 6 to 8 inches.) Return to the middle **D**. That's 1 rep. Do 6 to 8 reps and repeat with your left leg.



3/ HIP RAISE WITH REACH

TARGETS: GLUTES, HAMSTRINGS, MIDDLE BACK

HOW TO DO IT Lie on your back with your knees bent 90 degrees and feet flat on the floor, shoulder-width apart. Place your arms 45 degrees out to your sides, palms up. This is the starting position **A**. Raise your hips until your body forms a straight line from shoulders to knees **B**. Now lift your right arm and shoulder off the floor and reach for the ceiling **C**; then reach across your torso and tap the floor just behind your left shoulder **D**. Return to the starting position. That's 1 rep; do 8 and repeat with your left arm, tapping the floor behind your right shoulder on each repetition.



4/ YOGA PLEX

TARGETS: HIP FLEXORS, MIDDLE BACK

HOW TO DO IT Stand with your feet shoulder-width apart facing a bench that's 12 to 18 inches high. Bend at your hips and place your hands on the bench (don't round your back) **A**. Step back with your right foot as far as you can and lower your body until your right knee is a couple of inches off the floor **B**. Extend your right arm in front of your body and—following it with your eyes—move it in a clockwise circle, above your head, behind your body, and back to the bench **C**. Step forward to return to the starting position. That's 1 rep. Do 5 and repeat with your left arm and leg.



5/ KNEE LIFT TO WALKING LUNGE

TARGETS: GLUTES, HIP FLEXORS, HAMSTRINGS, CHEST

HOW TO DO IT Stand with your feet hip-width apart, arms at your sides **A**. Raise your right knee, grab your kneecap with both hands, and pull your thigh toward your chest **B**. Release it, take a long stride forward with the same leg, and lower your body into a lunge **C**. (Even better, reach up with both arms as you lunge.) Pause and return to standing by bringing your left (back) foot forward to meet your right foot. Now bring your left knee to your chest and lunge with that leg. Bring your right foot forward to meet your left foot. That's 1 rep. Do 5.

Six Moves for a Six-Pack

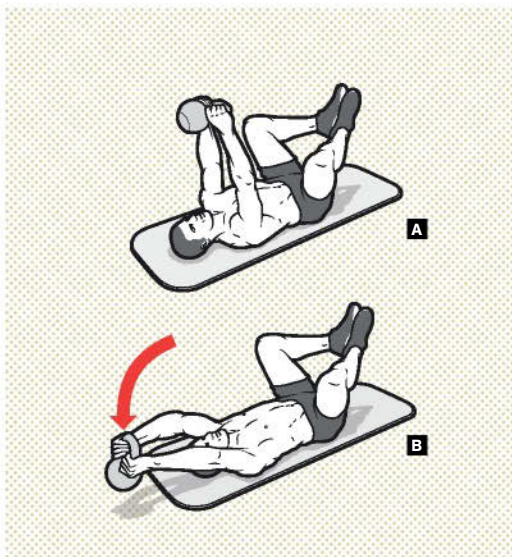
These are the best core exercises you've never done, and they'll reveal the abs you never knew you had. **BY MICHAEL EASTER**

N

NOTHING SAYS "FIT" LIKE A WASHBOARD stomach. But attracting attention at the beach—and in the bedroom— isn't the only reason to pursue a chiseled midsection. If you are legendary tennis champ Rafael Nadal, for example, it is the key to a notoriously fast forehand shot. "A strong core helps you maintain the optimal alignment of your pelvis and torso in everything you do, whether you're at the gym or carrying a cooler across a campsite," says Bill Hartman, C.S.C.S., co-owner of Indianapolis Fitness and Sports Training. Whether you're an athlete, or simply looking to get more limber, a solid core is critical to your health and mobility. ■ Update your ab routine by weaving two of the moves on the following pages into each of your weekly workouts. Which two you pick doesn't matter as long as you choose a different pair each time. Then prepare yourself for the result: a six-pack that goes everywhere you do.

DITCH THE
CRUNCHES TO
CARVE A CORE
YOU NEVER
KNEW YOU HAD.

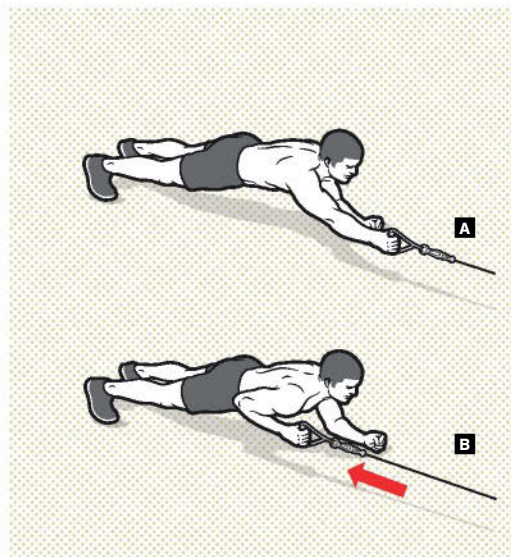




KETTLEBELL PULLOVER

HOW TO DO IT Lie on your back and raise your legs. Bend your knees 90 degrees and spread them apart while keeping the bottoms of your feet together **A**. Lift a kettlebell straight above your head, holding the sides of the handle in both hands. Lower the weight behind you, stopping a foot off the floor **B**. Hold for 30 seconds, and lift it back above your head. That's 1 rep. Do 5.

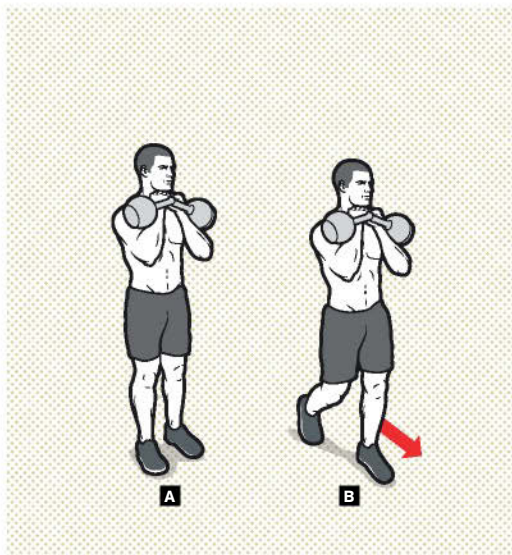
WHY IT WORKS "Pulling things overhead while lying on your back is what you did when you were a baby," says Hartman. "It's a natural movement that perfectly aligns your extremities and loads your trunk, activating and strengthening your core."



PLANK CABLE ROW

HOW TO DO IT Attach a handle to the low pulley of a cable station and face it in a plank position, resting your weight on your forearms. Grab the handle in your right hand with your arm outstretched. This is the starting position **A**. Pull the handle toward your right side, stopping when your elbow touches your ribs **B**. Return to the starting position. Do 3 sets of 10 reps per arm.

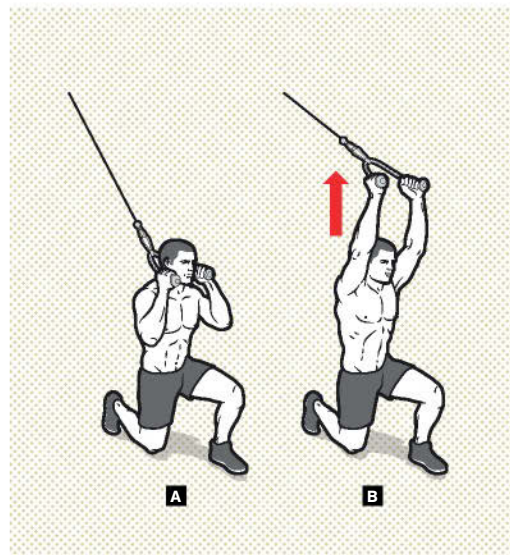
WHY IT WORKS "Pulling weight toward you in a plank engages your lats, abs, and obliques," says Tony Gentilcore, C.S.C.S., a trainer at Cressey Performance in Massachusetts. "That not only rocks your core and boosts torso stability but also helps you build a better-looking back."



KETTLEBELL RACK CARRY

HOW TO DO IT Grab two kettlebells and “rack” them, holding the kettlebells in front of your chest with your elbows tucked, your palms facing in, and the bottom of each bell resting between your biceps and forearms **A**. Walk 50 to 75 feet **B**. That’s 1 set. Do 3 to 4, resting 30 to 45 seconds between them.

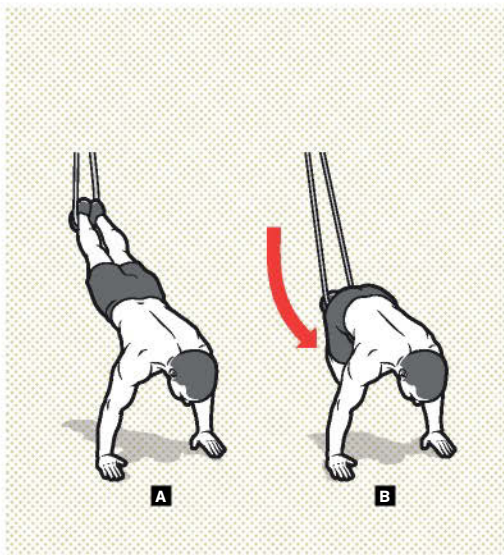
WHY IT WORKS “When you walk with weight in the racked position, your core has to work extra hard to keep you steady,” says Zach Even-Esh, founder of Underground Strength Gym in Edison, New Jersey. “That forced stabilization is one of the most effective methods there is for developing strong abs and a healthy back.”



HALF-KNEELING VERTICAL PALLOF PRESS

HOW TO DO IT Attach a triceps rope to a cable machine and turn away from it while holding the ends of the rope in your hands on either side of your head. Drop into the bottom position of a lunge, with your front knee bent 90 degrees and your rear knee touching the floor **A**. Brace your core and press the ends of the rope overhead until your arms are fully extended **B**. Pause, and lower them. Do 3 sets of 8 reps.

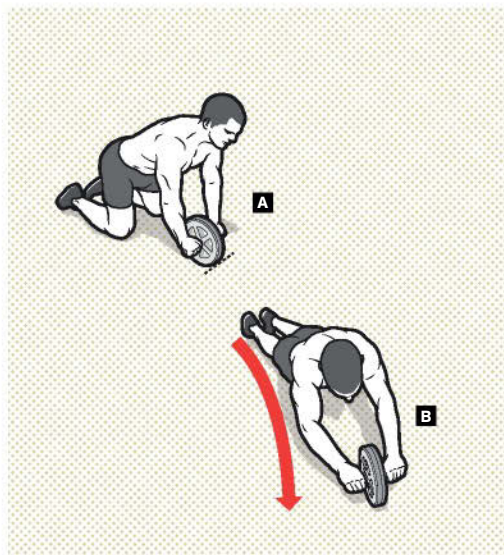
WHY IT WORKS “This move forces your abs to battle against the backward pull of the weight stack,” says Gentilcore. “That’s a new stimulus for most guys, making it a good core builder that also smokes your shoulders.”



BAND-RESISTED JACKKNIFE

HOW TO DO IT Secure a looped resistance band to a pullup bar and suspend your ankles in the end as you assume a pushup position **A**. Without rounding your back, bend your knees and pull them toward your torso **B**. Pause, and return to the starting position. Do 3 sets of 8 reps.

WHY IT WORKS “This exercise forces you to move your hips and thighs against resistance while keeping your core stable,” says Mike Robertson, C.S.C.S., co-owner of Indianapolis Fitness and Sports Training. “It’s a jackknife on steroids, and it builds the type of core strength you need to maintain stability during big lower-body exercises, like squats and deadlifts.”



DIAGONAL WHEEL ROLLOUTS

HOW TO DO IT Kneel and grasp the handles of an ab wheel, holding them directly beneath your shoulders **A**. Without moving your knees, brace your core and roll the wheel forward and to the right as far as you can without letting your hips sag **B**. Pause, and return to the starting position. Do 3 sets of 10 reps per side.

WHY IT WORKS The rollout starts with the stretching of your abs and obliques and ends with their forceful contraction. “That leads to a good muscle-damage response,” says Craig Ballantyne, C.T.T., creator of *Turbulence Training*. “Your body then repairs the damage by packing on muscle, making you stronger.”

DIVERSIFY YOUR
MOVEMENTS TO
WORK YOUR
ENTIRE CORE.



STOP SABOTAGING YOUR ABS

Ditch these 4 habits to accelerate your gains.

1

YOU DON'T PUSH YOURSELF



"If you always stick with the same weights, you're not maximizing your metabolism, say researchers in Brazil.

THE FIX Use heavier weights. The more muscle you build, the more calories you burn.

2

YOU FILL DOWNTIME WITH FOOD



Cravings are often triggered by boredom, not hunger.

THE FIX Pull out your smartphone. Keeping your brain busy can curb the cravings that lead to mindless munching, say Dutch scientists.

3

YOU EAT PROTEIN BARS



Many are nothing more than dressed-up candy bars, says Mike Roussell, Ph.D., author of *The 6 Pillars of Nutrition*.

THE FIX Look for high protein (>20 g), low carbs (<30 g), and a short ingredient list.

4

YOU LIKE TO RUN, SLOWLY




"Too much steady-state cardio can increase levels of hormones that boost belly fat," says John Romaniello, C.P.T., of Roman Fitness Systems.

THE FIX Do intervals, for the opposite effect.

The Science of Strength

Discover the fitness breakthroughs that will turbocharge your workouts and transform your body. **BY MICHAEL EASTER**



IN THE FITNESS WORLD, CERTAIN TRUTHS are held to be self-evident: Big lifts produce big gains, greater intensity fuels greater results, and less rest equals less fat and more strength. But science is now finding that many of these hard-and-fast muscle rules are not as immutable as we once thought. “We’re a lot smarter than we were even 5 years ago,” says Bill Hartman, c.s.c.s., co-owner of Indianapolis Fitness and Sports Training. “Researchers and trainers are all starting to agree on what works and what doesn’t.” ■ The guessing game, in other words, is coming to an end. Read on to discover how top fitness coaches are applying lab-tested strength secrets to their workout plans, and how you can do the same to lift more weight, build more muscle, and lose those 10 extra pounds you’ve been complaining about since college.



GET FIT FASTER:
USE NEW
BREAKTHROUGHS
TO ENSURE
YOUR TIME AT
THE GYM IS
WELL SPENT.

**OLD WAY**

STRETCH FOR STRENGTH

**NEW WAY**

WARM UP WITH JUMPS

THERE'S A REASON why sprinters hop a few times before stepping into the starting blocks: Jumping kick-starts the central nervous system, helping to activate more muscle fibers. "The name for this neuromuscular priming is postactivation potentiation (PAP)," says Tony Gentilcore, C.S.C.S., co-owner of Cressey Performance in Hudson, Massachusetts. "And it's a key to greater strength both in and out of the gym." Consider this: Separate studies published in the *Journal of Strength and Conditioning Research* show that inducing PAP through jumps can help you leap more than 7 percent higher and squat nearly 18 more pounds.

APPLY IT For an immediate boost prior to a lower-body exercise, do three quick countermovement jumps: Push your hips back, bend your knees, and leap vertically. For upper-body moves, Gentilcore recommends a single, extra-heavy rep at the beginning of an exercise. "It fires up your nervous system and makes the subsequent reps feel significantly lighter."

**OLD WAY**

HOIST MORE WEIGHT

**NEW WAY**

HAUL MORE WEIGHT

MOST MEN are accustomed to lifting, pushing, and pressing heavy loads. But when asked to carry one—whether it's a sandbag, kettlebell, or air conditioner—many become a stumbling mess after a few paces. That's because "loaded carries" simultaneously test your stability, mobility, balance, and grip while keeping your muscles under constant tension. "They challenge your entire body, especially your lateral core strength, which is critical for everything from fast cuts to powerful serves," says Stuart McGill, Ph.D., author of the seminal study on the subject, published in the *Journal of Strength and Conditioning Research*.

APPLY IT Add the suitcase carry to your next workout. Grab a heavy kettlebell or dumbbell (45 pounds is a good starting weight) and walk forward and backward for 30 to 75 seconds. "The asymmetrical load works your obliques—which are important for lateral core strength—as well as your glutes, which are essential for athletic power," says McGill.

**OLD WAY**

ALWAYS LIFT HEAVY

**NEW WAY**

GO LIGHT TO GROW BIG

"HIGH WEIGHT, low reps" is the classic mantra of men who are trying to pack on size and strength. But a study in the *Journal of Applied Physiology* found that lifting lighter weights for more reps—3 sets of up to 30—can boost growth as much as lifting heavy weights in the 8-to 12-rep range. "As long as your muscles reach fatigue, they'll grow," says John Romaniello, N.S.C.A.-C.P.T., owner of Roman Fitness Systems. "And some muscles, like those in your lower body, respond better to high reps."

APPLY IT Do "breathing reps" for several of your lifts: Load a bar with a weight you can squat, press, or lift 12 to 15 times, and do those reps. Without letting go of the bar, set it down, take two breaths, and do 1 or 2 more repetitions. Continue the process until you reach 20 reps. That's 1 set; do 3. "Including both high- and low-rep sets in your workouts ensures that you're hitting both your fast-and your slow-twitch muscle fibers," says Romaniello.

A man with a determined expression is pulling a thick, frayed rope. He is wearing a black t-shirt, black shorts, and red gloves. He is in a low, wide stance, leaning forward. The background is a weathered concrete wall with visible horizontal lines and some peeling paint. The rope is dark and frayed, with some strands of orange material visible. The lighting is bright, casting shadows on the wall.

HAULING WEIGHT
TESTS YOUR
STABILITY,
BALANCE,
AND GRIP.

**OLD WAY**

WATCH THE CLOCK

**NEW WAY**

PERSONALIZE YOUR REST

TRAINERS KNOW that exercise affects everyone differently, and Brazilian researchers confirmed that notion when they found that people differ significantly in their recovery needs. And without proper recovery, performance suffers, especially if you're doing circuits. "Use a heart rate monitor to customize your rest," says Rachel Cosgrove, co-owner of Results Fitness in California. "Waiting until your heart rate reaches a certain level results in true recovery between work periods, which is particularly beneficial for losing weight."

APPLY IT Determine your maximum heart rate: Multiply your age by 0.7 and then subtract that number from 207. Then strap on a heart rate monitor and track your pulse between circuits. When it drops to 75 percent of your maximum, begin your next one. "Your rest periods will become longer the farther you get into your workout," says Cosgrove. "But your form—and performance—should be better throughout."

**OLD WAY**

GO HARD OR GO HOME

**NEW WAY**

DO LESS WORK

YOU DON'T HAVE to push your body to the limit to see results, says Martin Rooney, C.S.C.S., CEO of Training for Warriors. "Training eventually becomes less effective as you tire and your form breaks down." After that threshold, gains dwindle and injury risk increases. The key is to figure out the dose that helps you meet your goals without jeopardizing your health.

APPLY IT Don't do more than a total of 22 good sets in a workout if you're looking to bulk up, says Rooney. Also, limit yourself to 4 sets per exercise. Researchers in Australia found that more than 4 sets offers diminishing returns.

4 MUSCLE MYTHS DEBUNKED

Don't let these common misconceptions sabotage your workouts.

1 MUSCLE CONFUSION SPURS MUSCLE GROWTH

THE TRUTH

You don't have to constantly add new moves and workouts to your routine to prevent your body from adapting. Actually, you want adaptation—this is how muscles grow. Sustain your progress with small weekly tweaks: Alter your grip, pace, or rest. That can help your muscles adapt over time, preventing plateaus, says Nick Tumminello, C.P.T., owner of Performance University in Fort Lauderdale.

2 YOU CAN DIGEST ONLY 25 GRAMS OF PROTEIN AT A TIME

THE TRUTH

"Your body will slowly digest and absorb all protein you eat, even if you eat 125 grams in a sitting," says Alan Aragon, M.S., the author of *Girth Control: The Science of Fat Loss & Muscle Gain*. For optimal fitness, he recommends consuming 1 gram of protein a day per pound of your target body weight. If you weigh 180 pounds you are looking to shed 15, shoot for 165 a day.

3 BODY-WEIGHT WORKOUTS CAN MAKE YOU BIG

THE TRUTH

Using your body as your barbell is a smart way to vary your routine and boost overall fitness, but it won't help you pack on serious size. "Your body weighs only so much, so your muscles become accustomed to it quickly, and then your gains stall," says Bill Hartman, C.S.C.S., co-owner of Indianapolis Fitness and Sports Training. "You need sufficient overload to spur growth; that's where weights come in."

4 LIFTING TO FAILURE IS ESSENTIAL TO MUSCLE GROWTH

THE TRUTH

Be wary of any advice that promises positive results from negative actions. "If you know your next repetition is going to be slow and shaky, then terminate the set," says Jim Smith, C.S.C.S., owner of Diesel Strength & Conditioning in Elmira, New York. "You'll recover faster and reduce your risk of injury." Bottom line: Focus on lifting with good form, not lifting to failure. —M. E.



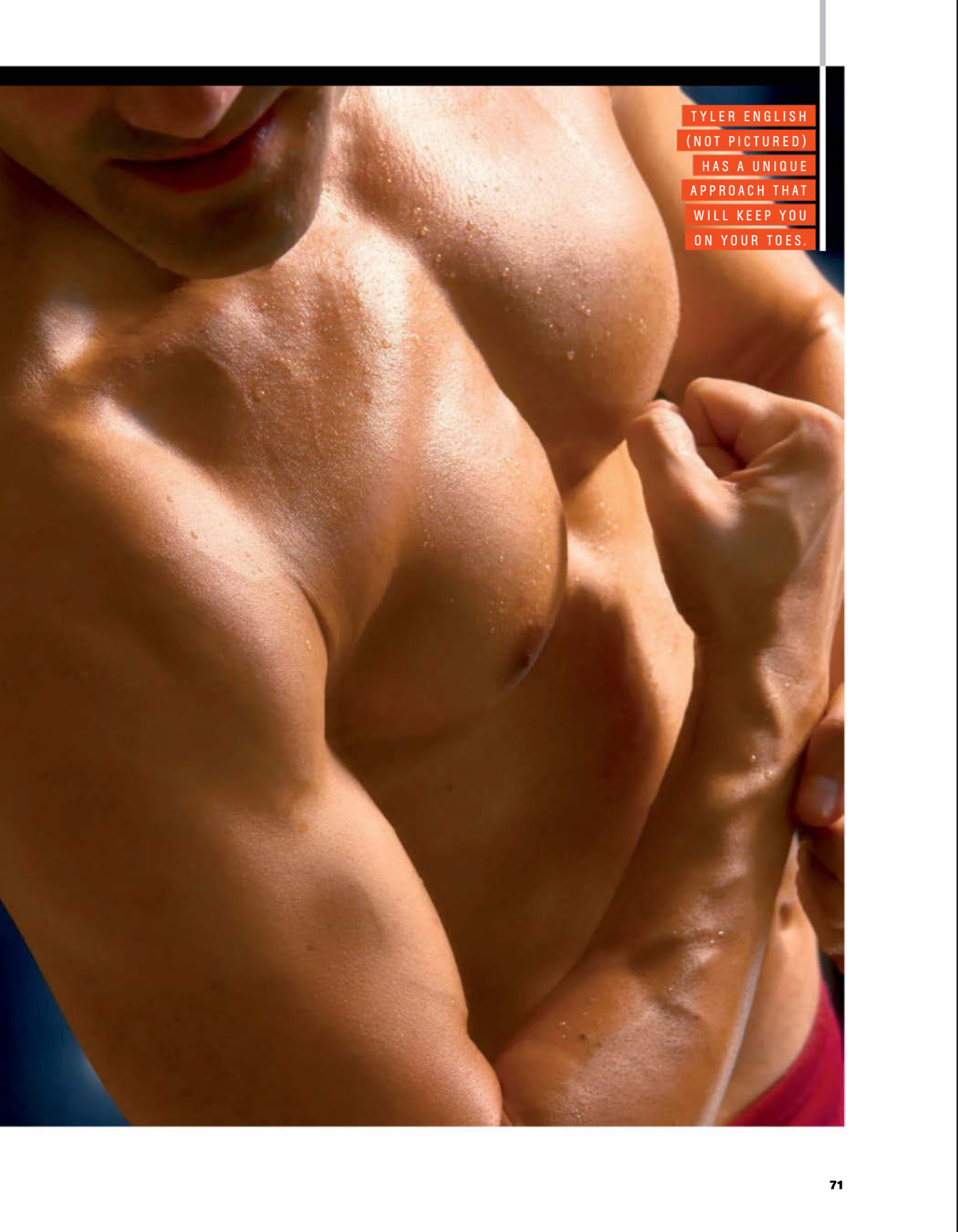
CHALLENGE
YOURSELF
TO PULL AS
MUCH WEIGHT
AS YOU PUSH.

Meet the New Master of Muscle

Tyler English isn't your average bodybuilder, and his unconventional training methods are shaking up the fitness industry. Heed his advice and grow stronger. **BY TREVOR THIEME, C.S.C.S.**

P

UT THESE ON," SAYS TYLER ENGLISH, C.P.T., P.E.S., handing me a pair of 30-pound chains. Each one has metal links the size of doughnuts. On English's cue, I drape the chains around my body like bandoliers. "Now you know what 60 extra pounds feels like," he says, smiling broadly as he turns me to face a set of parallel bars. "Give me 10 good dips." ■ It's trial by fire, bodybuilder style. It's also the first time I've performed this exercise wrapped in steel, and within seconds I'm adding my own grunts to the clinks, clanks, shouts, and groans echoing through the gym. But he gets his 10 reps. ■ "Not bad—maybe you need another chain," jokes the 30-year-old natural bodybuilding champion as he darts past a trio of deadlifters to cheer on a client who's pushing a weight sled. Then he's off to check on a group class, where he offers a few pointers on burpees.



TYLER ENGLISH
(NOT PICTURED)
HAS A UNIQUE
APPROACH THAT
WILL KEEP YOU
ON YOUR TOES.

Finally, he circles back to the dip area, where I'm searching in vain for a box, a bench, or anything at all to sit on between sets. "Most guys spend all day sitting," he says. "Why would you want to sit when you work out?" ■ Good question. And it's that type of thinking that makes English's 9,000-square-foot facility in Canton, Connecticut, different from any other gym I've seen—and unlike anything you might expect from the author of *The Natural Bodybuilding Bible*. There are no cable machines, leg presses, or treadmills. No Smith machines or StairMasters. Plus, not a single mirror hangs on any wall. (English prefers to decorate with inspirational murals that declare "Success ahead!" and "Break through!") But this "anti-health club," as English likes to call it, is bustling. Clients swing kettlebells, push sleds, and struggle against their own body weight in a jungle of suspension straps. ■ "Heavy lifting is one way to build muscle," says English, "but there are others, and a hybrid, total-body approach will build functional, real-world strength a lot faster." Here are his secret training tips, so you can start packing on more muscle all over—without lifting like a brute.

■ Bust Your Knots

Before you work out, grab a foam roller and hit the floor for some "self-myofascial release," otherwise known as self-massage. "Most men work all day crouched over a keyboard, so they come to the gym all tight," says English. "Foam rolling relieves that tension by releasing your knots, boosting your mobility and bloodflow, raising your core temperature, and increasing your range of motion." In short, it prepares your body for the workout to come and sets the stage for recovery afterward. "People think of recovery as taking place after a workout," English says. "But with foam rolling, you can kick it into gear at the start."

YOUR MOVE "Begin with your calves and slowly work your way up your body—front and back—giving each muscle group at least five rolls," says English. "If

you can stand it, use a softball against a wall to work tough-to-reach spots, like your pecs and deltoids, which are problem areas for many people." Repeat the process at the end of your workout. You'll spend 10 to 15 extra minutes at the gym, but the performance boost will be worth it.

■ Feel Yourself Move

In theory, mirrors in gyms are supposed to help people correct their form. In reality, they often serve two other purposes: vanity and gawking. "They're very distracting," says English, who notes that many guys spend more time checking out the women behind them doing chest flies than on polishing their own lifting technique. "And if you think about it, trying to correct your form by watching yourself in a mirror can have the exact opposite effect because the image

you see is the opposite of what you're actually doing."

YOUR MOVE Do a 180. "By facing away from the mirror, you automatically focus more on what the movement feels like instead of how it looks," says English, "and that biological feedback outweighs anything you can adjust by 'watching' your form." If you're doing a squat, for example, you want to feel tension in your quads and pressure in your heels as you drive the weight up. With kettlebell swings, you want to feel the burn in your glutes and hamstrings and not your back. "Do Olympic lifters or powerlifters use mirrors? No, and they're the strongest guys in the world," says English. "Follow their lead."

■ Hit the Accelerator

Every muscle in your body is composed of two types of fibers—slow-twitch and fast-twitch—but the second type is primarily responsible for moving heavy weights in the gym. "And most guys lift those weights slowly," says English. "As a result, they build slow strength." But there's another way to target fast-twitch fibers that most men ignore: lifting quickly. "Your workout should include a range of lifting speeds to maximize muscle growth," says English. "What's the point of strength if you're not also fast and powerful?"

YOUR MOVE Add explosive exercises like kettlebell swings and jump squats to your workout, or tweak existing exercises like the bench press and deadlift to focus more on power. "Decrease the load by 35 to 85 percent, and explode through the concentric [muscle-contracting] portion of the movement," says English. If you usually deadlift 225 pounds, for example, drop down

MAN OF STEEL
(NOT RIGOROUS)
WRAPS HIMSELF
IN CHAINLINGS MAKE
EVERY THING
FROM HILLSIDE TO
STRAPS TO
GIANT TRUCK TIRES.



to 135 pounds and perform up to 5 explosive reps per set, driving through your heels and thrusting your hips forward as you explode up with the barbell.

■ Schedule a Rest Week

Most people wait until they're injured to ease off their training program. "That's backward," says English. "You should schedule a rest week every so often to prevent injuries from happening in the first place." Training at full intensity week after week never gives your nervous system or muscles the chance to fully repair. "By scaling back the volume and intensity of your training for 5 to 7 days, you'll give your body a chance to regenerate and recharge, which will ultimately pay off in more muscle and less time on the disabled list," says English.

YOUR MOVE If you're new to lifting, schedule a rest week every 2 months. If you've been lifting for a while, schedule it every 4 to 6 weeks. "Keep doing your normal workouts, but dial them back a bit," suggests English. For example, if you usually curl 30-pound dumbbells, grab a pair of 25s;

if you normally rest 1 minute between sets, rest 90 seconds; if you typically do 4 sets of an exercise, do 2 or 3. The key is to stimulate your muscles without overloading them.

■ Think Beyond Iron

When guys aren't spinning their wheels on treadmills, they often hyperfocus on their gym's weight racks. "But barbells and dumbbells are just two of the many tools you can use to build muscle," says English, who also trains his clients with everything from suspension straps to giant truck tires. "Incorporating different kinds of equipment into your routine will work your muscles from new angles and in greater ranges of motion." That, in turn, will help you iron out imbalances and build the kind of strength that translates far beyond the gym.

YOUR MOVE Your gym probably doesn't have 350-pound tires, but chances are it does have resistance bands. "One of my favorite moves is the band-resisted overhead squat," says English. Grab a half-inch-wide, closed-loop resistance band (think giant rubber band) and

loop it under your feet, spreading your feet about shoulder-width apart. Now press the band straight overhead with both hands so your body is inside it; this is the starting position. Squat until your thighs are at least parallel to the floor, and then drive back up to the starting position. Complete 2 or 3 sets of 6 to 10 reps.

■ Train Your Entire Body

Unless you're a pro bodybuilder, there's no reason to split up your workouts according to body part (for example, back and bis, chest and tris). "And many bodybuilders don't even do that anymore," says English. That's because body-part training is time-consuming and inefficient, and muscles don't work in isolation in the real world. This training style also typically targets each muscle group just once a week. "You're better off working your entire body every time," says English.

YOUR MOVE Try a training plan that works multiple muscle groups at once. You can find routines that fit the bill in this guide. For more muscle-building secrets, check out his book, *The Natural Bodybuilding Bible*.

INSTANT STRENGTH BOOSTERS

Three quick ways to enhance your performance and move more weight.

BITE DOWN



Think mouth guards are just for athletes? Researchers at the University of Connecticut found that clenching your teeth with a mouth guard can boost blood-flow to areas of the brain associated with motor control and timing. This results in greater force production and a better workout.

PAY ATTENTION



Concentrating on the specific muscles you're targeting—your pecs during a bench press, for example—can make them work 22 percent harder, according to a study in the *Journal of Strength and Conditioning Research*. Consider it one more reason to stay focused in the gym.

DRINK SOME JOE



Knocking back a couple of cups of coffee before you lift weights can help you bang out a few more reps, say U.K. researchers. The reason: Caffeine inhibits the signals of fatigue that your muscles send to your brain, allowing you to train harder for longer. —T. T.

FOLLOW
ENGLISH'S
(NOT PICTURED)
EXPERT TIPS TO
BUILD MUSCLE
FASTER.



Double Your Muscle

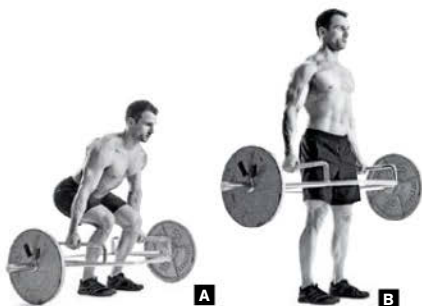
Torch fat, boost strength, and build more lean mass all over with trainer Tyler English's 30-day muscle plan **BY TREVOR THIEME, C.S.C.S.**

IF YOU AREN'T TARGETING YOUR ENTIRE body every time you hit the gym, here's a good reason to start: "If you hit all of your muscle groups more often, they'll spend more time growing," says Tyler English, C.P.T., P.E.S., author of *The Bodybuilding Bible*, who designed the following training plan to also embrace a second key muscle-building principle: the need to continually challenge yourself. "By varying your rest, reps, weight, and lifting speed across each workout, you'll maximize your potential gains," says English. And by capping off each workout with a "finisher"—a quick, metabolic exercise that elevates your heart rate and intensifies your caloric burn—you'll fry fat even faster. Try his training plan for 30 days, and see the results for yourself.



GET STRONGER,
FASTER: CHALLENGE
YOURSELF WITH
TOTAL-BODY
WORKOUTS.

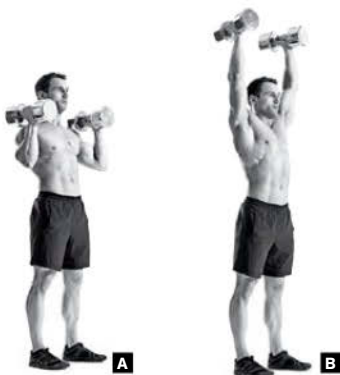
WORKOUT A



1/ TRAP BAR DEADLIFT

Step inside a trap bar, bend your hips and knees, and grab the handles **A**. Without rounding your lower back, brace your core, pull your torso back and up, thrust your hips forward, and squeeze your glutes as you stand **B**. Reverse the move to return to the starting position.

SETS 5 REPS 5 REST 90 SEC.



2/ DUMBBELL OVERHEAD PRESS

Using a neutral grip (palms in), hold a pair of dumbbells just outside your shoulders. Set your feet shoulder-width apart, knees slightly bent **A**. Press the weights up until your arms are straight **B**. Slowly lower them back to the starting position.

SETS 3 REPS 6 REST n/a*

*Pause only long enough between sets to exchange your dumbbells for ones that are 5 to 10 pounds lighter, a technique known as "drop sets."



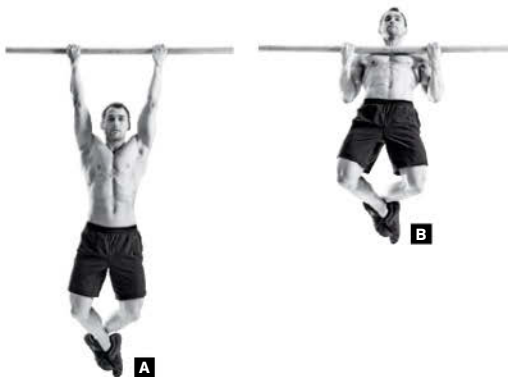
3a/ BARBELL GOOD MORNING

Using an overhand grip, hold a barbell across your upper back and set your feet shoulder-width apart **A**. Keep your knees slightly bent as you bend at your hips and lower your torso until it's almost parallel to the floor **B**. Pause, and raise your torso back to the starting position.

SETS 4 REPS 10 REST n/a

► DIRECTIONS

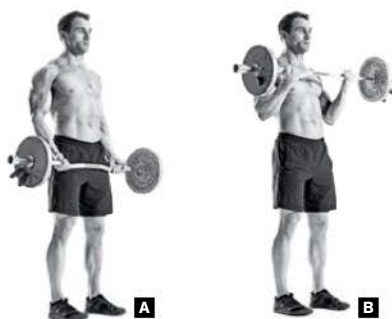
Alternate between workouts A and B with at least a day of rest between them. Perform the exercises in the order shown; note that each exercise has a different prescription for sets, reps, and rest. In each workout, do exercises 3a and 3b as a superset—that is, back-to-back without rest. After you finish both moves, rest 30 seconds and repeat.



3b/ CHINUP

Using a shoulder-width, underhand grip, grab a chinup bar and hang at arm's length **A**. Pull your chest to the bar **B**. Once the top of your chest reaches the bar, pause, and then slowly lower yourself back to a dead hang. If chinups are too difficult, do lat pulldowns.

SETS 4 REPS 12 REST 30 SEC.



4/ EZ-BAR CURL

Grab an EZ-curl bar using an underhand, shoulder-width grip, palms angled inward. Let the bar hang at arm's length in front of your thighs **A**. Without moving your upper arms, curl the bar as close to your shoulders as you can **B**. Pause, and return to the starting position.

SETS 3 REPS 8 REST 45 SEC.

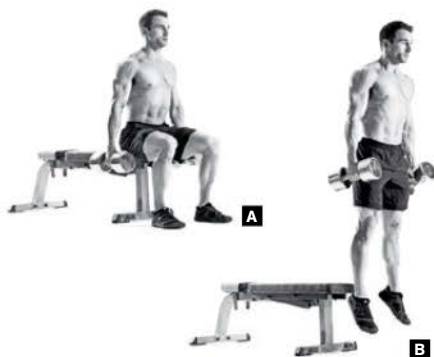


5/ BAND-RESISTED PUSHUP

Stretch a resistance band across your lower back and assume a pushup position, holding one end of the band under each hand **A**. Lower your body until your chest nearly touches the floor **B**. Pause, and push yourself back up to the starting position; repeat as quickly as possible.

SETS 1 REPS 50 REST n/a

WORKOUT B



1/ SEATED DUMBBELL SQUAT JUMP

Sit on a bench holding a pair of dumbbells by your sides, palms in **A**. Drive through your heels as you explode into a jump **B**. Land softly on the balls of your feet, then lower yourself back to the starting position.

SETS 5 REPS 3 REST 60 SEC.



2/ DUMBBELL BENCH PRESS

Lie on your back on a flat bench and hold a pair of dumbbells over your chest, using a neutral grip **A**. Without changing the angle of your hands, lower the dumbbells to the sides of your chest **B**. Pause, and press the weights back up as quickly as you can.

SETS 3 REPS 5 REST 45 SEC.

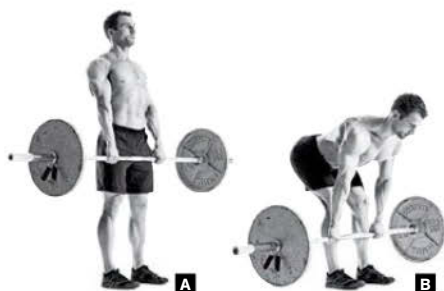


3a/ DUMBBELL BULGARIAN SPLIT SQUAT

Hold a pair of dumbbells at your sides and place the top of your right foot on a bench **A**. Lower your body until your left thigh is parallel to the floor **B**. Pause, and push back up to the starting position. Switch legs halfway through each set.

SETS 4 REPS 16* REST n/a

*8 per leg



3b/ BARBELL ROMANIAN DEADLIFT

With an overhanded grip just beyond shoulder width, hold a barbell in front of your hips **A**. Keep your knees slightly bent as you bend at your hips and lower your torso to be almost parallel to the floor **B**. Pause, and raise your torso back to the starting position.

SETS 4 REPS 12 REST 30 SEC.

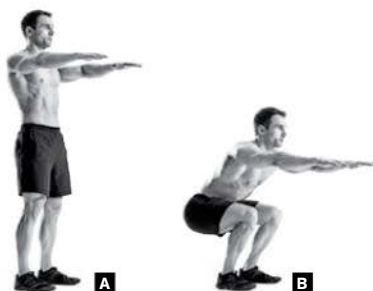


4/ PARALLEL BAR DIP

Grasp the bars of a dip station and lift yourself so your arms are straight **A**. Brace your core, bend your elbows, and lower yourself until your upper arms are parallel to the floor **B**. Pause, and return to the starting position.

SETS 3 REPS n/a* REST 60 SEC.

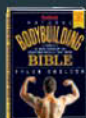
*Until just short of failure



5/ BODY-WEIGHT SQUAT

Hold your arms straight out in front of you and stand as tall as you can with your feet shoulder-width apart **A**. Push your hips back and lower your body until your thighs are at least parallel to the floor **B**. Drive back up to the starting position and repeat as quickly as you can.

SETS 1 REPS 50 REST n/a



BUILD A BODYBUILDER'S BODY IN 16 WEEKS!

Follow the same proven diet and weight-lifting program that bodybuilding champions use to sculpt world-class physiques with *The Bodybuilding Bible*. Author Tyler English, C.P.T., P.E.S., will show you how to pack on muscle and send your body fat percentage into the single digits in record time. Order your copy at naturalbodybuildingbible.com

PRESSING POINTS

There's a reason trainers love the overhead press: It targets just about every muscle in your upper back. "But a lot of guys do it sitting down against a backrest so they can press more weight," says English. And that's a problem because heavier loads increase the stress on your shoulder joints, leaving you more vulnerable to injury. "Standing forces you to use a more manageable weight and concentrate on form. It's a win-win situation," says English. Stay off the disabled list and get stronger with these four tips that will help you master the move.



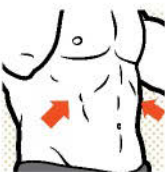
POINT YOUR FEET FORWARD

"Stand with your feet shoulder-width apart and position your toes so they're facing 12 o'clock," says English. Assuming a wider stance or splaying your feet won't allow you to drive through your heels as effectively. "And you'll want all the drive you can get, because you won't be using your legs to generate momentum the way you would with a push press," says English.



USE A NEUTRAL GRIP

Many men perform the move with flared elbows and an overhand grip (palms forward), which adds to the stress on their shoulder joints. "Using a neutral grip [palms in] helps keep your shoulders in alignment and reduces your risk of an impingement," says English.



BRACE YOUR CORE

The overhead press is all about control. "If you don't brace your core, you won't have the stability you need to perform the move in one fluid motion," says English. That could spell trouble for your spine, as well as your shoulders.



PUSH THE DUMBBELLS

STRAIGHT UP

One of the most common mistakes people make with the overhead press (and the chest press, for that matter) is bringing the weights together at the top of the move. "That extra squeeze provides no added benefit," English says. "It just takes your shoulders out of alignment, increasing your risk of injury." —T. T.

TOP FORM FOR
AN OVERHEAD
PRESS, AS
DESCRIBED BY
NATURAL BODYBUILDING
CHAMP TYLER ENGLISH.



Run Faster Train Less

Yes, you can run faster and stronger without training harder or longer. The key? How you breathe. **BY BRIAN DALEK**

IF IT WEREN'T FOR THE PAIN IN MY LEGS and my quickly deteriorating coordination, I might appreciate the words of encouragement. They're all around me at mile 20 of the Philadelphia Marathon. "You're kicking ass!" reads one sign. "Great job—almost there!" yell spectators. And from speakers somewhere overhead I hear the *Rocky* theme song, "Gonna Fly Now." ■ All lies. ■ "Looking great!" prod course volunteers (another lie) as I pause at an aid station to shake out the knots rippling through my quads and hamstrings. After pounding the pavement for 2 hours, every bunny hill feels like an Everest and every mile seems longer than the last. I've hit the wall. Hard. ■ Six miles (about 10 km) later, I drag myself to a 3:25 finish. It's not terrible—many would call it respectable—but it's still 10 minutes off my goal. Perennially competitive, I can't stop my mental blame game from beginning. But it's not until 2 weeks later that I discover

RACE TO
A SPOTLESS
FINISH LINE BY
LEARNING HOW TO
BREATHE BETTER.



the real reason behind my poor performance. ■ “Have you ever focused on your breathing?” asks Budd Coates, a colleague of mine at Rodale and author of *Running on Air*, as we deconstruct my race after a grueling intervals workout. ■ Nearly 30 years my senior, Coates regularly kicks my ass in local races—a fact that might irk me if the freakishly fast 55-year-old wasn’t a 2:13 marathoner. He’s also one of only 31 people in the world to run sub-3-hour marathons in five different decades of life—and he attributes his athletic achievements and longevity to rhythmic breathing, a technique he developed nearly 30 years ago. ■ “By pairing my breathing and my cadence, I found that I could better judge effort, maximize my lung capacity, and reduce wear and tear on my body,” says Coates, who went from being a filler on his cross-country team to qualifying for the U.S. Olympic marathon trials. “Want to learn?” ■ For the first time in weeks, I feel hope. And knowing that I won’t have to train any harder has me breathing easier, which is my first mistake.

■ The Science of Breathing

“Inhale through your nose and mouth,” says Coates as he places my hand on my stomach—a reminder to draw air deep into my lungs. My first lesson in rhythmic breathing isn’t out on the road or even on a treadmill. It’s on the floor of my gym, where I’m lying on my back while making my stomach alternately balloon and deflate. “Congratulations,” says Coates after 15 minutes. “You’re now a belly breather.”

Before today I’d rarely given breathing a second thought because, like most people, I don’t have to—respiration is automatic. We breathe in, oxygen diffuses into our blood, hemoglobin takes it to working muscles, and energy is produced. The resulting waste, carbon dioxide, is transported back to our lungs for removal. Easy enough.

But imagine running up a hill. The effort forces your legs

to work harder, increasing their demand for oxygen. Your chest heaves more rapidly in response, but eventually it’s unable to keep up with the demand. Carbon dioxide, meanwhile, builds up. Soon your respiratory muscles become fatigued, and because they’re more important for sustaining life, oxygen-rich blood is shunted preferentially in their direction.

“The body has to decide, ‘Do I want blood to flow to my leg muscles for running or to my respiratory muscles for breathing?’” says Robert Chapman, Ph.D., associate director of sport science and medicine for USA Track & Field. “At the end of the day, the respiratory muscles win every time.”

Most of us make that win easy. “We use only 50 to 60 percent of our available lung capacity,” says Alison McConnell, Ph.D., author of *Breathe Strong, Perform Better*. The reason: We

rely too heavily on our chest muscles when we breathe.

“Those should be your backup,” says Coates. “You want to make your diaphragm the bigger player.” Contracting your diaphragm fully during each breath maximizes the amount of oxygen you take in and the amount of carbon dioxide you remove, delaying fatigue. What’s more, training your respiratory muscles to be more efficient can reduce their oxygen consumption, according to a study in the *Journal of Applied Physiology*. “And the less they need, the more you can direct to working muscles,” says Chapman.

Bringing your diaphragm into play, however, is only the first step in rhythmic breathing. Step two: pairing it with cadence, or foot strikes.

■ Relearning to Run

Running might appear to be a low-impact sport, but every time your foot hits the ground, you rock your joints with a force equal to more than twice your body weight. This stress is compounded at the start of each exhale. “When you breathe out, your diaphragm and the muscles around it relax, reducing core stability,” says Coates. The less stable it is, the greater your risk of injury all over.

It gets worse. “Most runners breathe evenly with their cadence, inhaling every two steps and exhaling every two steps,” says Coates. “That means they begin each exhalation on the same foot.” Ever notice more pains on one side of your body than the other? Now you know the reason.

Rhythmic breathing disrupts that process by extending inhalations to a count of three while keeping exhalations at a count of two. “By inhaling longer than you exhale, you stay



RUN FASTER NOW

Upgrade your workouts and unlock your athletic potential with rhythmic breathing.

1

START INHALING as your right foot hits the ground, and continue sucking air deep into your lungs for two more steps (right, left, right). “Make the inhale one calm, continuous breath,” says Budd Coates, author of *Running on Air*.

2

EXHALE for your next two steps (left, right), breathing out with slightly more force. “But don’t do it so fast that you run out of breath,” says Coates. “Count off the entire rhythmic breathing pattern like this: In-2-3, out-2.”

3

REPEAT, this time starting your inhalation as your left foot hits the ground. It’s this alternating foot-strike pattern that distributes the impact forces equally between both sides of your body, reducing your risk of injury.

in a ‘core solid’ position for the majority of your run,” says Coates. You also begin each exhalation on a different foot, distributing the impact force equally between both sides of your body. (See “Run Faster Now,” above, for step-by-step instructions.)

“The five-count pattern is best for slow to moderate running,” says Coates. “For faster running, shift to a three-count [two in, one out] pattern.”

These two patterns unlock the third benefit of rhythmic breathing: measuring effort. Using one pattern for long runs and another for races and intervals gives you an internal pacer that ensures you don’t run out of fuel too early or finish with too much left in your tank. “Running is all about efficiency,” says Coates, “and the better you are at measuring your effort, the faster you’ll get.”

■ Racing on Air

My first sign of improvement comes during a spring 10K when, to my utter amazement, I place in the top five. By fall I’ve slashed 30 seconds off my 5K and posted a previously unthinkable 1:27 half marathon. But these races are only preamble to my ultimate test: the Outer Banks Marathon.

The starting gun sounds at 7:20 a.m. on a warm November morning and I start out slowly, enjoying the salty air as I weave through the streets of Kitty Hawk. I feel relaxed—surprisingly relaxed—and soon find myself returning the waves of families having breakfast on their front porches as I hit 7:30 mile splits. A dull ache crops up in my left foot as I pass the Wright Brothers National Memorial at mile 8, but I shrug it off.

The next 18 miles fly by. Not even the Washington Baum Bridge—a notoriously steep overpass at mile 22—can slow me down as I cruise to a 3:19 finish, beating my time in Philadelphia by 6 minutes. It’s not an earth-shattering improvement, but I’ll take it, and not just because I completed all 26.2 miles (about 42 km) without walking.

“You have a stress fracture,” says my podiatrist a few weeks later when I have the pain in my left foot checked out. I’d injured it before the race during a clumsy run-in with a tree limb, and chalked up the lingering ache to a minor bruise. “I honestly don’t know how you ran a marathon.”

Had I known the extent of my injury, I wouldn’t have. But by distributing the impact force equally between both sides of my body, rhythmic breathing helped me not only complete the race but also snag a new personal best. Now fully healed, I’ve set myself a new goal: finishing my next marathon in under 3 hours.

4 WAYS TO TAKE YOUR WORKOUT INDOORS WITHOUT SPINNING YOUR WHEELS

It's okay to stay inside when the weather isn't great; we won't judge. Just be sure not to let the bad weather mean a bad workout. "Don't just hop on a treadmill, press a few buttons, and slog through a monotonous, boring routine," says Joe Dowdell, c.s.c.s., owner of Peak Performance in Manhattan. He has seen his share of wasted gym time, and he has key tips to make sure you don't waste yours. To keep your fitness routine on track, Dowdell advises you to use the following interval workout and expert pointers to build your endurance and burn more fat on your favorite machine.



THE TREADMILL

COMMON MISTAKE

You run on even ground.

SMART FIX

Set the incline at 1 to 1.5 percent. That slight elevation will increase the intensity (and fat-burning potential) of your workout without overloading your leg muscles, says Dowdell. It also shortens your stride, which reduces your risk of injury from overstepping.



THE ELLIPTICAL

COMMON MISTAKE

You set the resistance too low.

SMART FIX

Most people let momentum do the work instead of using their legs to propel each step. Set the resistance high enough to feel like you're pushing the ramp down. "It's still a low-impact workout, but you'll burn far more calories," says Dowdell.



THE ROWING MACHINE

COMMON MISTAKE

You use your upper body to initiate your strokes.

SMART FIX

The legs are the primary movers on the rowing machine, says Dowdell. Initiate the drive with your legs and then pull the handle to your sternum. On the recovery, keep your legs flat until the handle travels past your knees.



THE STATIONARY BIKE

COMMON MISTAKE

You stay in your seat.

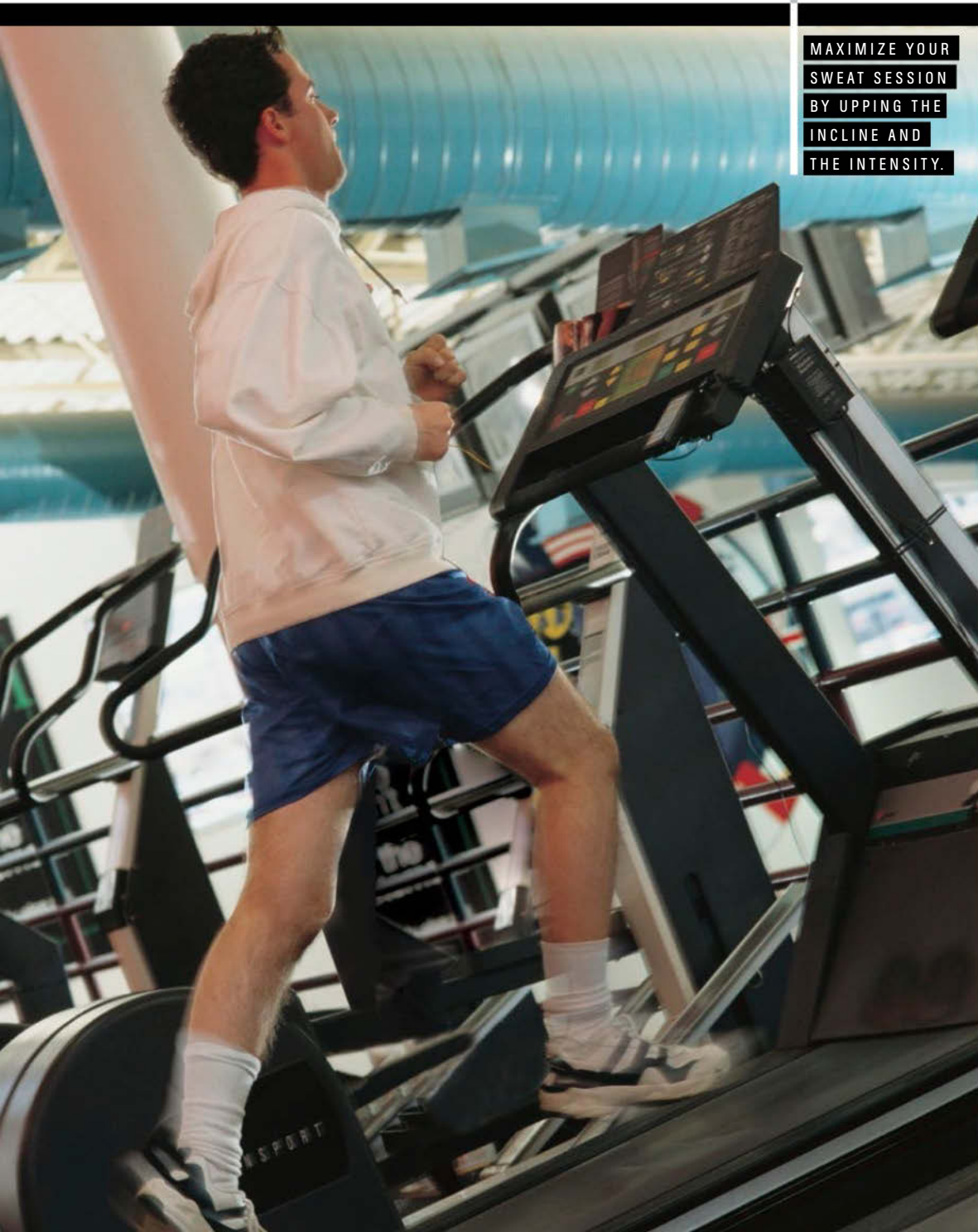
SMART FIX

"During the intense portion of each interval, increase the resistance and stand up as if you were mountain biking uphill," says Dowdell. You'll engage your core and upper body, turning a leg-dominant cardio workout into a total-body sweat session.

—MICHAEL EASTER

► DIRECTIONS

Warm up on any of the machines above for 5 minutes, and then use the speed control and built-in heart-rate monitor to do the following workout: Start with 1 minute at 85 to 90 percent of your maximum heart rate, which you can estimate by multiplying your age by 0.7 and then subtracting that number from 207. Recover for 2 minutes at 55 to 65 percent of your max. That's 1 interval. Do 8, using the tips on this page to accelerate your gains. Too difficult? Do 6 intervals of 2 minutes at 70 to 80 percent of your max followed by 2 minutes of recovery.



MAXIMIZE YOUR
SWEAT SESSION
BY UPPING THE
INCLINE AND
THE INTENSITY.

Swim for Your Life

Swimming isn't just the official sport of summer—it's also one of the best all-season workouts for building muscle, burning fat, avoiding injuries, and defying death. Immerse yourself today, and you'll emerge stronger, fitter, and healthier than ever. **BY JIM THORNTON**

S

OME YEARS BACK, A DOCTOR FRIEND gave me a piece of advice: "If you're born to hang," he said, "you'll never drown." ■ I may yet go to the gallows, but I've known since I was 11 that water will never kill me. That's when my grandmother Evie took my brother and me to Europe. It was during this trip that John and I were at a beach on the Adriatic Sea. While he napped in the sand, I spotted a boy on one of those two-seat bicycle-boat contraptions. The kid saw me coveting his empty seat and invited me, in a Little Lord Fauntleroy accent, to accompany him on his nautical adventure. We pedaled straight out to sea. Soon we were so far off shore I could barely spy land. I told my new pal I wanted to cool off and dove straight into the blue. When I surfaced, he was 50 yards away, his pasty legs pumping the pedals.



SWIMMING
CAN MAKE
YOU STRONGER
ON LAND
FOR LIFE.

The sounds of his laughter slowly faded as I began to panic. I loved the water, but I'd always been close to land. Steadying myself, I took a few calming breaths, and started to swim. ■ That day I learned that there's nothing in water to fear. Relax and embrace it, and it will buoy you and support you right back. ■ Buoy your health and support your longevity, that is. Researchers and devoted swimmers are beginning to show that taking the plunge may be among the best things you can do for your body. Yet many men don't view swimming as a worthy exercise, like running or bicycling. That's a shame, say evangelists for the sport, because in reality, diving into the deep end may be the perfect workout.

Taking a dip can make you healthier and fitter. Here's why: Research shows that regular swimming is one of the best ways to build and preserve muscle mass throughout your body. Swimming is also a potent ally in efforts to optimize your cholesterol levels and lose fat. What's more, it's friendly on your joints and boasts low injury rates. Best of all, tantalizing new science suggests that swimming just might be an antidote to aging and a defense against an early death.

■ Building Muscle

With the possible exception of cross-country skiing, few forms of exercise can recruit more muscles, from your fingertips to your toes, than swimming does.

"It gives you a superb whole-body workout," says Mel Goldstein, a former USMS coach of the year, whose YMCA Indy SwimFit program in Indianapolis has become a model for adult health and fitness swimming nationwide. He explains that the pulling action of swimming recruits muscles not only throughout your arms and shoulders but also in your upper back and chest—and it works all of them over a wide range of

motion. At the same time, the kicking motion strengthens the muscles in your legs, hips, and groin.

But while your upper and lower extremities may be your most visible means of propulsion, they wouldn't take you very far without the help of the muscles in your middle, i. e., your core—abs, obliques, and lower back. In recent years, scientists have learned that core strength and the trunk rotation it generates are the keys to a swimmer's power in the water. "We now know that swimming 'flat' in the water," says Goldstein, "is like trying to drive a golf ball with your arms alone." Few, if any, sports come close to swimming for training the core.

In addition to helping you look great naked, swimming also has an impact at the microscopic levels of your muscle function, a place where generalized buffness gives way to a bewildering variety of different muscle-fiber types. On one end of the spectrum, there are "slow twitch" fibers associated with aerobic endurance. On the other end are "fast twitch" fibers responsible for anaerobic bursts of speed and power.

For many men who work out, their choice of activity narrows

which types of fibers receive the most attention. Runners, for instance, tend to train for longish distances at a relatively moderate pace. That's great for endurance, but not so good for peak sprint speed. Weightlifters, on the other hand, devote their efforts to building lean mass but often give short shrift to exercising for cardiovascular endurance.

Swimmers don't have to choose. Most do plenty of aerobic work—swimming a km or two nonstop, for example. But they also give themselves frequent anaerobic challenges by doing middle-distance, lactate-tolerance, and drop-dead sprint sets. As the distance decreases, the effort increases—along with the amount of rest in between send-offs. An all-out sprint practice, executed properly, is as effective as heavy weights for bringing muscles to failure.

"Muscle doesn't know whether you have a fancy piece of equipment at the end of your arm, or just water," says David Costill, Ph.D., founding director of Ball State University's famed human performance laboratory. "All it knows is that it's being overloaded."

Regular swimming workouts are not only remarkably effective at building and preserving muscle mass, but also continue to be that way throughout your life. In a 2005 Indiana University study, kinesiology professor Joel Stager, Ph.D., compared 172 USMS competitors ages 21 to 88 with a sampling of nonswimmers of the same ages. At every decade, the swimmers had a higher proportion of muscle mass.

"Swimming may not bulk you up as much as heavy weightlifting does," says Stager, "but if your training plan includes aerobic work, sprinting, and different strokes, it will do

DIVE INTO
FITNESS:
TORCH FAT IN
THE DEEP END.



a great job of building an all-around muscular body.”

■ Burning Fat

One area where swimming’s value has been questioned is in its impact on body weight. Some exercise gurus theorize, for instance, that immersion in cool water causes your body to guard its fat stores for insulation purposes.

“The only way this could happen is if the water is cold enough to trigger a significant drop in your core body temperature,” says Stager. “But you’d have to be training in the northern Arctic Ocean.”

Another oft-cited claim: Because water largely eliminates

the stress of gravity, swimming doesn’t burn calories as effectively as weight-bearing sports like running do. “This is another adage I don’t believe,” says Stager, who nevertheless adds that comparisons between runners and swimmers are problematic. The reason: Water is almost 800 times more dense than air, which means drag forces of negligible concern to runners take on tremendous importance to swimmers.

“Almost everyone is similarly efficient at walking or running,” he says, “but this isn’t the case with swimming. Bad swimmers are very inefficient, and they often get so fatigued they can’t

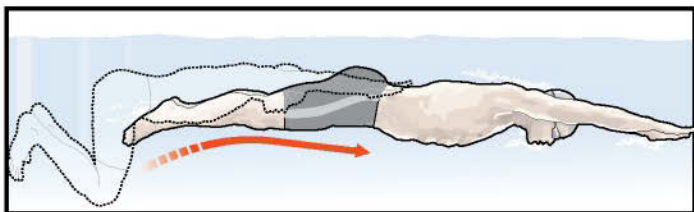
swim long enough to burn many calories. Really good swimmers, on the other hand, are so efficient that if they don’t pick up their speed, they must go long distances to expend much energy.”

That’s why Stager believes the key to weight loss through swimming is to develop enough skill so that you don’t have to quit prematurely—and then push yourself harder and longer as your efficiency grows.

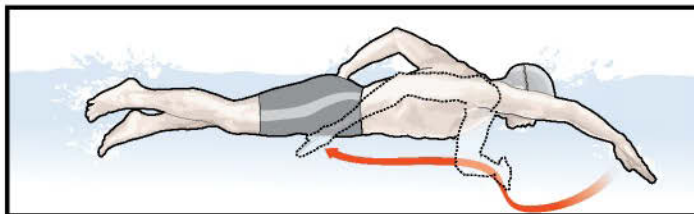
As far as overall poundage goes, Stager concedes that his studies of masters swimmers show that they outweighed their nonswimming peers by an average of 8 pounds. More important, however, was the distribution and composition

FREESTYLE FINE POINTS

How to go from pool boy to swimming stud in no time



- 1 Maximize the free speed following a dive or push-off from the wall by streamlining your body as much as possible: Put one hand over the other and squeeze your biceps over your ears.
- 2 Lifting your head causes your hips to drop, forcing you to move through the water like a plow. Keep your head down and your eyes trained on the bottom of the pool.



- 3 Instead of muscling your way across the pool, concentrate on staying as smooth and "fish slippery" as possible. Practice swimming quietly—splashing and thrashing indicate wasted energy.
- 4 Extend your leading hand straight ahead and let it sink 6 to 8 inches before you start to pull. In order to maximize propulsion, imagine you're wrapping your arm over a barrel and pushing it behind you.



- 5 Imagine a line bisecting your body from head to toe. Don't let your hands cross over the line during the pull. If you do, your body will fishtail, increasing drag.
- 6 When you kick, bend your knees slightly, point your toes, and keep your legs within your slipstream. Ankle flexibility informs kick speed, so if yours are tight, loosen them up by training with fins.

of these pounds. Despite their greater weight, the waists and hips of swimmers averaged 2 inches smaller than nonswimmers, and their significantly greater muscle

mass meant their overall weight "disadvantage" was actually a benefit. "From the perspective of both quality of life and long-term independence," says Stager, "it is muscle mass, not fat mass,

that's the important determinant. I wouldn't trade 5 pounds of muscle to lose 5 pounds of fat."

Not that overweight men have to choose. Nick Cirone, a 21-year-old college student from Northern California, was inspired to give swimming a try after watching the Olympics. When he first started lap swimming on his own last November, the 6'2" beginner weighed in at 235 pounds—the predictable result, he concedes, of spending much of the previous 7 years "sitting on my butt in front of a computer." At first, Cirone couldn't swim a lap without stopping to catch his breath. But at the local pool, he did some research and joined a masters workout group. He found himself gradually becoming fitter. Within 4 months, he'd shed 50 pounds and his BMI plummeted from an obese 30.9 to a nearly ideal 23.9. But the improvement he's most happy with, he concedes, isn't one that requires a lab test to measure.

"I don't think my chick-magnet powers existed at all before I started swimming," Cirone says, laughing at this element of his metamorphosis. "At first it was almost jarring to find a cute girl staring at me. But I must say, I am getting used to it."

■ Avoiding Injuries

One of swimming's greatest advantages over other sports may be its long-term sustainability. "If you're spending a lot of your time rehabilitating from injury, you aren't training nearly as consistently as swimmers are," says Phil Whitten, Ed.D., the executive director of the College Swimming Coaches Association of America. "In swimming, the injury rate is less than 5 percent."

Swimmers, of course, are not invulnerable. "Swimmer's

shoulder” and “breaststroker’s knee” are familiar phrases in the orthopedic lexicon. But such conditions can be, for the most part, fixed by refinement in stroke technique, stretch-cord exercises to correct muscle imbalances, and—if needed—a short stint of what sports-medicine doctors call “relative rest.” The idea here is that you keep training but in a modified way that takes the pressure off the healing part. In many sports, this is hard—if not impossible—to do.

By supporting your body weight, water largely neutralizes gravity and the huge, chronic, and cumulative trauma that comes from pounding your joints on pavement. The typical marathoner in his 30s may imagine himself running nonstop into his dotage, but statistics suggest otherwise. Although the overall number of runners is increasing, their average age is not: Only about 12 percent of male marathon finishers are 55 or older, and only 2 percent are 65 or older.

Contrast this with the most recent world masters swimming championships held at Stanford University. Of the 1,822 men who competed, 33 percent were 55 and over—and 2 percent were over 80!

In his career as an exercise physiologist, Ball State University’s David Costill helped discover many of the human body’s physiological adaptations to training. Outside the laboratory, he has tried to put into practice what he’s discovered in his research.

A self-described “not-so-great swimmer” in college, Costill switched to running after graduation and competed in marathons until his knees gave out at age 47. “I realized I had to find a new place to exercise,”



THE WORKOUT

A training plan that will put you on the path to becoming swim-fit

WARMUP 50 yards swim; 50 yards kick (arms on a kickboard in front of you); and 50 yards pull (hold a pull buoy between your thighs to keep your legs afloat without kicking). Go easy! The goal is to get your blood flowing, not your heart pounding. Take all the rest you need.

LADDER

Swim 25 yards; rest 15 seconds

Swim 50 yards; rest 15 seconds

Swim 75 yards; rest 15 seconds

Swim 100 yards; rest 30 seconds

Swim 75 yards; rest 30 seconds

Swim 50 yards; rest 30 seconds

Swim 25 yards; rest 30 seconds

KICK SET (WITH OR WITHOUT FINNS):

Kick 25 yards, starting off slowly and gradually building speed until you’re sprinting into the far wall. Stop and rest for 30 seconds, and repeat. Do a total of six lengths.

RECOVERY SWIM Cruise 150 yards as smoothly and easily as you can. When you finish, rest for 1 minute.

TEST Swim one 50-yard sprint for time from a push-off. You can either time yourself or ask the lifeguard to do it for you. Your time serves as a benchmark for your future improvement. Rest another minute or two.

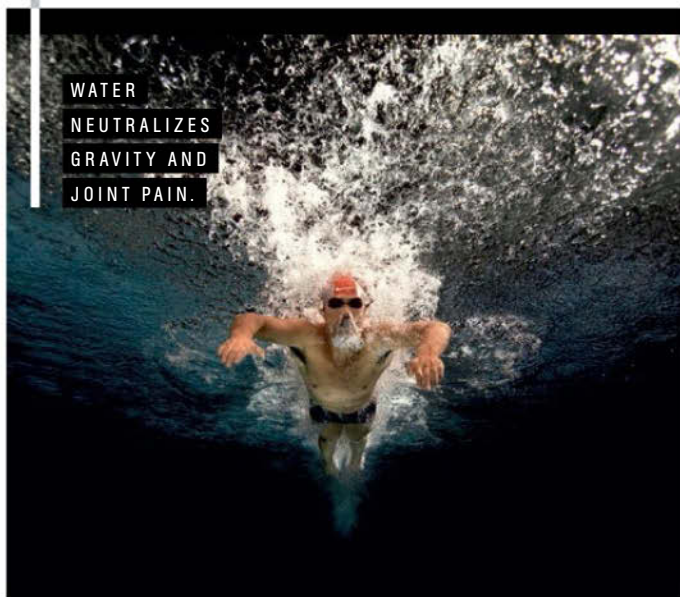
COOLDOWN Swim 100 yards, super-easy.

TOTAL DISTANCE: 1,000 YARDS Complete this workout three times a week, and then gradually increase distance by adding to the ladder. When you can swim 2,000 yards a workout, three times a week, consider joining a team.

Costill recalls, “so I went back to the pool.”

The good news: He quickly rediscovered how forgiving water is. His knees—and his other body parts, for that

matter—no longer hurt. He could swim long and vigorously enough to elevate his heart rate into the target fat-burning zone, derive all the stress-relieving benefits of running



and just generally stay in shape. The bad news: Compared with training for marathons, he found his new workouts less than inspiring.

Enter Costill's good friend, James E. "Doc" Counsilman, Ph.D., a legendary swim coach at Indiana University, who persuaded him to compete at a

masters meet in Bloomington. This competition proved to be just the tonic Costill had been missing. "I've always said that if I trained for just fitness,

YOUR WATER WARDROBE

Swimmers don't wear much, but what they do wear is mission-critical

THE SUIT



Don't worry: You don't need to copy Borat's fashion sense. Go with swim jammers, which are both modest (think aquatic bike shorts) and streamlined, allowing you to cut through water with a fraction of the resistance generated by conventional baggy trunks. Look for suits made of polyester, which will outlast Lycra, and that dry quickly. Some won't fade even after months of exposure to chlorine and sunlight.

THE GOGGLES



If you can't see where you're going, you'll bump into other swimmers and crash into walls, creating headaches all around. So always don goggles before you dive in, and make sure the ones you buy are comfortable and leakproof, have antifog lenses, and offer UV protection for times when you're swimming in the sun. And if you wear contacts or glasses, you can also buy prescription goggles from both Speedo and TYR.

THE WATCH



Unless you have a coach standing poolside barking out directions, you'll need a midswim method for tracking your pace times and rest intervals. Strap on a waterproof watch that is lightweight with large, easy-to-read numerals, a built-in stopwatch function, and a "countdown timer" feature, which you can set to beep at regular intervals—every 60 seconds, for example.

THE FINS



These aren't the same fins used by skin and scuba divers—those are designed to make kicking easier. While swimming fins do add speed, they make you work for it, tapping the same muscles used in natural, fin-free kicking. The result: increased leg strength and ankle flexibility. Try to find ones with an elliptical shape for encouraging optimal body roll. —J. T.



probably wouldn't train, because there's not enough motivation," he concedes.

Soon he was swimming faster in his 40s than he had in college—and went on to set national records in his age group. At 73, Costill continues to look—and swim—much younger than his chronological age, thanks in large measure to this desire to compete.

■ Dodging Death

The various age-defying aspects of swimming have prompted some scientists to raise a compelling question: Can an addiction to the aquatic life help men thwart the Reaper?

Recently, researchers at the University of South Carolina published a study that seems to say yes.

Steven Blair, P.E.D., an exercise scientist and the former head of the Cooper Institute in Dallas, Texas, analyzed the health and activity patterns of roughly 40,000 men from 1971 to 2003. Over the years, many of these men regularly walked as their main source of exercise. Others

remained committed runners, while still others swam. Almost 40 percent reported doing no exercise at all.

After adjusting for age, smoking, and family history of heart disease, the researchers found that during those 32 years, regular swimmers were 53 percent less likely to have died for any reason than their sedentary peers. But what really astonished Blair was swimming's apparent advantage over running: Swimmers were 49 percent less likely than runners to have died of any cause.

"For whatever reason," says Blair, "swimmers did have the lowest overall death rate." A longtime runner himself, he cautions that more research is needed to confirm these results and to determine what, if anything, is uniquely healthful about water exercise. "At this point, I'm still not willing to go out on a limb and say swimming is better for your survival than running."

Goldstein, Whitten, and other swimming stalwarts aren't surprised by Blair's findings.

From low injury rates that encourage consistent training, to the water's tempering effects on heat generated by contracting muscles, to the enhanced flexibility swimming bestows on its long-term adherents, there's no shortage of possible advantages to investigate.

Stager further argues that something unique to the sport is causing the lifelong vitality in the swimmers he studies. There may not be a literal fountain of youth, but he's convinced something close to it already exists in pools across the country.

If you're born to hang, my friend said, you'll never drown.

In the years since my Adriatic pedal-boat episode, I have swum through iceberg fields in the Bering Sea, along the Gulf Stream reefs roiling with sharks, and in the Amazon triutaries laced with piranhas and candiru. I've raced across 6-mile bays and in countless pools.

I know, of course, that no man can hope to live forever. But as long as I can find places to swim, I'll save my worries for the noose.

Beware Dangerous Fitness Advice

Hiring a trainer can mean the fast track to a better body—or an express ticket to injury. Know when to listen and when to run. **BY PAUL SCOTT**

B

ERNARD YANG KIM NEVER WANTED to be a bodybuilder. The 31-year-old currency trader simply wanted to look chiseled—like an underwear model, he jokes—which is why he found it odd to be staring up at a 315-pound barbell. He had never benched so much weight in his life; few men ever do. But his usual trainer was out, and his gym had set him up with a substitute—one who, as it turns out, was not only overzealous but also a terrible spotter. “The bar crashed onto my chest, tearing my pectoral muscle,” says Kim, who ended up in the ER. “It was excruciating.” ■ While extreme, Kim’s experience is not uncommon. In the U.S., for example, there are roughly 230,000 personal trainers, a number that has jumped 44 percent in the last decade. Indeed, personal training is one of the few professions to not only blossom during a recession but also grow in its wake.

AVOID BAD
ADVICE TO KEEP
YOUR FITNESS
PLAN ON TRACK.



People turn to it for a second job and even a second career. And it's easier than ever to get certified: You can go online, take a course, and start training clients within a month. ■ “It’s a buyer-beware market,” says Mike Boyle, A.T.C., owner of Mike Boyle Strength and Conditioning in Massachusetts. “Getting hurt might be rare, but you can easily waste your time with someone who is ineffective at best and dangerous at worst.” ■ In short, knowing how to recognize bad advice is more critical than ever. Read on for six of the worst fitness tips we’ve ever heard, and six ways to get back on track.

BAD ADVICE

“Go big or go home.”

“There’s this idea that you have to train to failure to trigger growth,” says Boyle. “But ‘go big or go home’ is a prescription for injury, not an effective training strategy. The truth is precisely the opposite: The key to success in the weight room is to make consistent, incremental gains that ultimately add up to the body you want.

BETTER MOVE Train to technical failure. “You want to do as many reps as you can with perfect form,” says Boyle. “Once you can’t do a perfect rep, the set is over.” Period. When you can complete your goal reps for every set—3 sets of 10, for example—you’re ready to move up in weight. “Throw another 5 pounds on the bar or grab the next heaviest pair of dumbbells,” says Boyle. “It might not sound like much, but even if you only go up 5 pounds every 2 weeks, you’ll still add 130 pounds to your lift after a year.”

BAD ADVICE

“Push through the pain.”

A little bit of soreness isn’t a bad thing. It just means you’ve pushed your body harder than usual, causing microtears in muscles that ultimately lead to gains in

size and strength. “But there’s a big difference between soreness and pain, and ignoring pain is a ticket to the disabled list,” says Boyle. “I regularly ask my clients, ‘Does the exercise make any of your joints hurt?’ I don’t care if the pain diminishes after they warm up—if they answer yes, that’s the end of the exercise.”

BETTER MOVE Find a pain-free alternative that works the same muscles. “Just because the barbell bench press causes you shoulder pain doesn’t mean you have to stop working your chest,” says Boyle. “Try using dumbbells, do incline presses, or switch to pushups.” Changing your grip, angle, or movement pattern alters the load and positioning of your joints, allowing you to build muscle without breaking your body.

BAD ADVICE

“Protect your spine with crunches and situps.”

There’s no denying that crunches and situps can help you sculpt a six-pack, but they come with an inherent flaw: repeated spinal flexion, which can increase your risk of developing a back problem and aggravate existing damage. Bottom line: By recommending crunches and situps, some trainers facilitate the very injuries they’re

trying to prevent, says Tony Gentilcore, C.S.C.S., a trainer at Cressey Performance in Massachusetts.

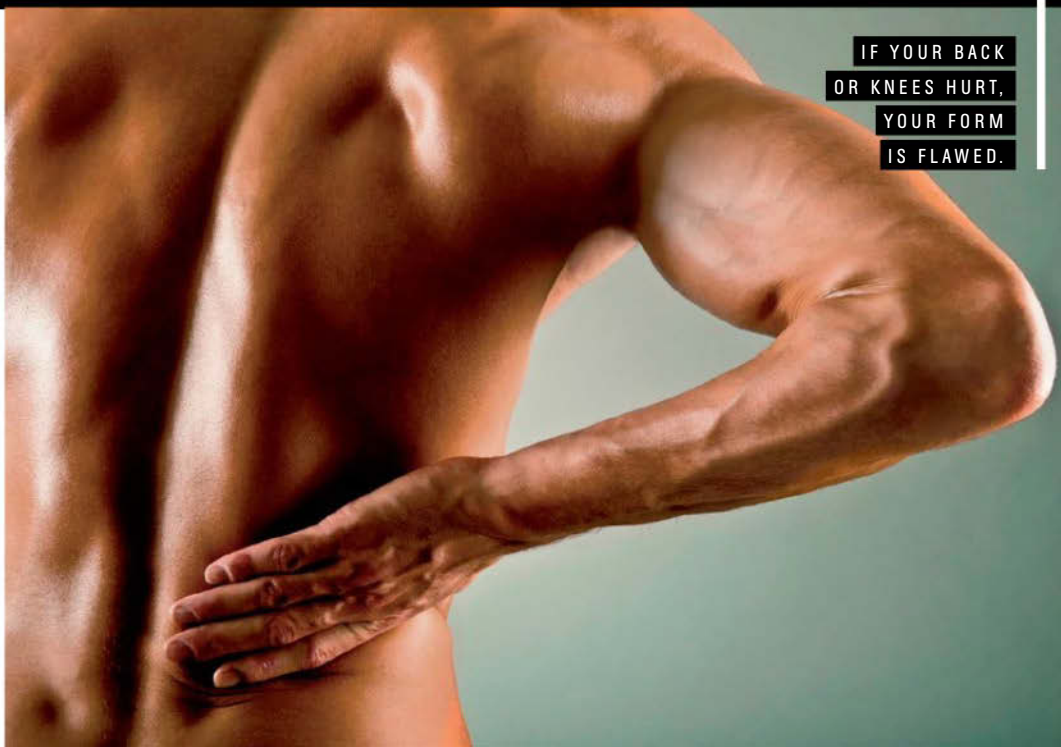
BETTER MOVE Do stability exercises. “Stability, or resisting unwanted motion, is the true function of your core, and exercises that reinforce that function protect your spine,” says Gentilcore. Try the Swiss ball rollout: Sit on your knees in front of a Swiss ball and place your forearms and fists on the ball. Slowly roll the ball forward, straightening your arms and extending your body as far as you can without allowing your lower back to “collapse.” Use your abdominal muscles to pull the ball back to the starting position.

BAD ADVICE

“Don’t rest between sets.”

This misguided mantra is the call to arms of many extreme-fitness programs, and it can be disastrous in practice. The reason: Lifting heavy weights recruits fast-twitch muscle fibers, which generate more force but also fatigue faster. If muscles don’t have enough time to recover between sets, you won’t be able to train them fully, slowing your gains and increasing your risk of injury. “Making somebody tired is easy,” says Sal Marinello, C.S.C.S., president of Athletic Development Coaching in New Jersey. “But there’s a difference between tiring someone out and actually improving their physical condition.”

BETTER MOVE Understand that a 45-second break is a 45-second break,” says Jonathan Goodman, C.S.C.S., founder of the Personal Trainer Development Center, an online resource for personal trainers. As a general rule, the lower your reps and the heavier the weight, the longer you should rest a muscle group before working it again. If you’re doing



IF YOUR BACK
OR KNEES HURT,
YOUR FORM
IS FLAWED.

sets of 1 to 3 reps, rest 3 to 5 minutes. For sets of 4 to 7 reps, rest 2 to 3 minutes. For 8 to 12 reps, rest 1 to 2 minutes. Rest no more than a minute for any number of reps above 12. That doesn't mean you can't work opposing muscle groups, like quads and hamstrings, back-to-back.

BAD ADVICE

"Let's see how many deadlifts you can do in 60 seconds."

"We're starting to see a lot of people getting thrown into an extreme group workout with little instruction, and then doing high reps of very technical lifts as fast as they can," says Chris Bathke, C.S.C.S., owner of Elemental Fitness Lab in Oregon. "Even athletes don't do that." When speed is your main focus, you lose sight of form, and that can lead to injury—especially if you're doing heavy Olympic lifts or powerlifting



PERSONAL TRAINER CHECKLIST

Don't leave your health and well-being to chance. Find the fittest trainer for the job by asking these three questions.

1 What's the first thing you do with a new client?

✓ After taking your medical history, the trainer should assess your balance, mobility, and ability to perform body-weight moves with perfect form, says Tyler Smith, PT., C.S.C.S., a physical therapist at Sports and Physical Therapy Associates in Massachusetts.

2 Do you take continuing education courses?

✓ This is even more important than specific certification, says Chris Bathke, C.S.C.S., owner of Elemental Fitness Lab in Oregon. By learning new skills and keeping up with developments in the field, the trainer will be able to continually hone your workouts.

3 Can you provide some references?

✓ Ask for the names of three clients and ask them if they were ever injured during training and how they'd rate their progress. You may also want to determine whether the trainer works with people who are similar to you in age, goals, and fitness level. —P. S.



moves like cleans, snatches, and deadlifts. “I’ve asked people to show me an exercise that in a previous workout they repeated for time,” says Tyler Smith, P.T., C.S.C.S., a physical therapist at Sports and Physical Therapy Associates in Massachusetts and a member of the elite athletic development society known as GAIN. “They’ll demonstrate a horrible squat, and they did 30 of them.”

BETTER MOVE Focus on form and start with body-weight versions of exercises until you master them. In big lifts, it’s critical that you brace your core and maintain a slightly arched or flat back. If you don’t, your spine can pay the price.

BAD ADVICE
“Add plyometrics to your routine.”

High-impact plyometric exercises, such as box jumps (leaping on

and off a box or bench) and depth jumps (stepping off a bench and then springing off the floor and landing on a platform) are favorites of many trainers trying to help clients build explosive speed and a killer jump shot. But these drills can also hammer your joints—especially if you’re heavier than you should be. “I once had a client who was 40 to 50 pounds overweight come in complaining of knee pain,” says Mike Robertson, M.S., C.S.C.S., co-owner of Indianapolis Fitness and Sports Training. “The reason was that the previous trainer had this person doing jumps—something most fit people shouldn’t even do.”

BETTER MOVE If you’re already fit, jump onto a 12-to 20-inch box with both feet, and then step off one foot at a time. That gives you the explosive benefits of the exercise without destroying your knees. Better still—especially if you’re carrying extra weight—swap jumps for less jarring exercises that use similar movement patterns. “The kettlebell swing is a perfect substitute,” says Robertson. “It trains the same hip-hinge pattern without the high-impact consequences.”

POWER TOOLS **Boost your gains with the best fitness gear.**

KETTLE CLAMP

Few pieces of equipment compare to kettlebells when it comes to burning fat and building functional total-body strength. But if your gym doesn’t have them, or if you don’t want to invest in a home set, the KettleClamp will turn any dumbbell into its Russian counterpart.

SPEED SAC

Athletes use weight sleds to build speed and power, but the traditional all-metal design relegates most sleds to the training field. The SpeedSac’s rubberlike casing allows it to be used anywhere, from lawns to gyms. It’s also washable, and the removable weights have handles for strength work.

RUMBLE ROLLER

Rolling your muscles after a workout helps break up scar tissue and can boost your range of motion by up to 10 percent, notes a study in the *Journal of Strength and Conditioning Research*. The Rumble Roller’s raised bumps will penetrate deeply into your muscles, enhancing their benefit. You can get this at any Chris Sports branch.

For more workout equipment choices, visit any Chris Sports branch.

DITCH THESE MOVES **Build more muscle by abandoning these common workout saboteurs.**

It doesn't matter how much you can lift or how long you've been lifting—one bad move can still cause serious injury. As Mike Boyle, A.T.C., owner of Mike Boyle Strength and Conditioning in Woburn, Massachusetts, points out:

"Some of the most popular exercises out there are also among the most dangerous and ineffective." Purge these body breakers from your routine, before they stall your progress—or send you to the sidelines. —MICHAEL EASTER



DITCH IT

KIPPING PULLUP

✗ Unlike the classic pullup, this move builds momentum generated from hip thrusts, and is favored by extreme-workouts. "It's a simple way to do more reps," says Boyle, "but each one pulls your shoulder joints, which are among the most delicate in your body."

DO IT

CHINUP

✓ The underhand grip of a chinup relies more on your biceps than the overhanded pullup. Grab a chinup bar using a shoulder-width, underhand grip, and hang at arm's length. Cross your ankles behind you. Pull your chest to the bar, pause, and return to a dead hang.



DITCH IT

DIP

✗ This is an excellent muscle builder. "But perfectly executed dips are like unicorns," says Boyle. And shoddy dips—done with flared elbows and a vertical torso—increase the strain on your rotator cuffs, which are the most vulnerable parts of your shoulders.

DO IT

CLOSE-HANDS PUSHUP

✓ This pushup provides the same benefits of a dip without the risks. In a pushup position, with your hands directly under your shoulders and your elbows tucked against your sides, lower your body until your chest nearly touches the floor. Pause, and push back up.



DITCH IT

45-DEGREE LEG PRESS

✗ "This exercise forces you to round your back, compressing your spine," says Craig Ballantyne, C.T.T., author of *Turbulence Training*. "That can cause a herniated disk." And it doesn't engage your core or stabilizing muscles, so it won't help beyond the gym.

DO IT

DUMBBELL BULGARIAN SPLIT SQUAT

✓ This exercise tests your core and balance. Holding a pair of dumbbells next to your sides (palms in), place the top of one foot on a bench behind you. Lower your body as far as you can. Pause, return to the start. Do the same number of reps on each side.



DITCH IT

BODYBUILDER BENCH PRESS

✗ Bodybuilders and many gym rats flare their elbows to focus more weight on their pecs to bulk up faster, which also increases the stress on their rotator cuffs, says Ballantyne.

DO IT

POWERLIFTING BENCH PRESS

✓ Powerlifters move as much weight as possible by keeping their elbows close to their sides to minimize shoulder strain. Hold a barbell using an overhand grip that's slightly beyond shoulder width. Tuck your elbows as you lower the bar to just below your nipples.

**FUEL
YOUR GAINS**

PART
PART



Breakthrough Breakfasts

Still starting your morning with that boring bowl of oatmeal? Wake up to fresh ideas on ways to fuel your day.

BY MATTHEW KADEY, M.S., R.D.

W

E ALL SIT DOWN TO BREAKFAST with the best of nutritional intentions. But even if you've managed to avoid the temptation of the doughnut case, the sugar-dosed latte, and the butter-smeared bagel, you're still not out of the danger zone. Outmoded, debunked ideas about what makes a morning meal "healthy" could be steering you toward bad choices. ■ That's right: A healthy breakfast means more than egg whites and reduced fat cheese, or flavorless mush commonly referred to as "oatmeal." Break your old breakfast habits and, with a little planning and creativity, your weekday mornings will be transformed. When a delicious breakfast is also a healthy one, then you have a meal worth waking up for. Follow these guidelines, fueled by the latest research, and reap the rewards of a truly smart morning meal.



INSTANT EGGS:
DON'T RUSH TO MAKE
AN EGG BREAKFAST!
INSTEAD, COOK UP
A FRITTATA AHEAD
OF TIME.

RULE 1**Harness the yolk**

If you believe that ordering an egg-white omelet is a sign of nutritional virtue, your thinking is definitely scrambled. Science shows that eating whole eggs actually reduces your risk factors for heart disease. Case in point: A 2012 University of Connecticut study had volunteers consume either three whole eggs a day or the equivalent amount in yolk-free egg substitute for 3 months while following a diet with a moderate number of carbs. Both groups experienced drops in triglycerides and oxidized LDL (bad) cholesterol, two risk factors for heart disease.

What's more, those eating the whole eggs saw a bigger boost in their HDL, which helps

lower cholesterol. "Egg yolks seem to increase the amount of cholesterol delivered to the liver for removal from the body," says study author Maria Luz Fernandez, Ph.D. Besides, yolks are loaded with vitamin D, vitamin B12, selenium, and choline. And the extra protein will silence your hunger. A study in Nutrition Research found that men who ate an egg-based breakfast consumed far fewer calories when offered an unlimited lunch buffet, compared with men who ate a bagel-based breakfast of equal calories.

TRY THIS Don't save eggs for weekend brunch. "Men can reap a range of health benefits by consuming one to three eggs a day," says Alan Aragon, M.S., *Men's Health* nutrition advisor.

RULE 2**Supercharge with superseeds**

Hemp, chia, and flaxseed may sound as granola as, well, granola, but they pack a potent array of benefits—and breakfast is the ideal time to work them into your diet. They can slip unobtrusively into a range of morning meals. "A daily tablespoon or two of flaxseed, chia seeds, or hemp seeds is an easy way to boost your intake of heart-healthy nutrients," says Aragon. Choose chia seed or ground flaxseed for an extra dose of dietary fiber. (Bonus: Flaxseed also contains lignans, disease-fighting antioxidants.) Or try hemp seeds, among the few plant-based sources of complete protein.

THREE FAST FRITTATAS

Make one of these savory, protein-packed frittatas on a Sunday afternoon, and enjoy reheated wedges all week long as belly-filling breakfasts.

**1 GREEK**

- 1 cup thawed frozen chopped spinach, squeezed dry
- 4 oz soft goat cheese, crumbled
- 2 tbsp pine nuts

**2 TEX-MEX**

- ½ cup canned green chiles, drained and chopped
- ½ cup grated Monterey Jack
- ¼ cup chopped scallions

**3 ITALIAN**

- ½ cup chopped prosciutto
- ½ cup grated Parmesan
- ½ cup halved cherry tomatoes
- ¼ cup chopped fresh basil

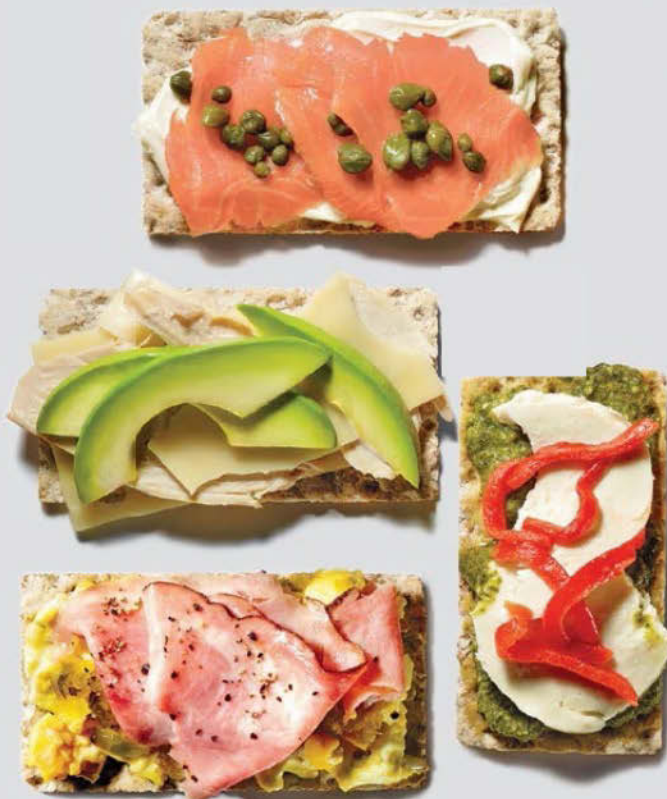
► **HOW-TO: FRITTATA** Preheat the oven to 163 °C. Grease an 8- or 10-inch ovenproof skillet or round cake pan. In a large bowl, gently whisk 8 large eggs with ⅓ cup low-fat milk until blended. Stir in your desired vegetables and cheese, and season with ½ tsp each of salt and pepper. Pour the mixture into a skillet or pan and bake until the frittata is set, about 25 minutes. Let it cool for 10 minutes before cutting into wedges. *Makes 4 servings.*

TRY THIS Stir 1 to 2 tablespoons of flaxseed, chia seeds, or hemp seeds into a bowl of oatmeal or yogurt, or blend a serving into a smoothie made with two handfuls of kale, a frozen banana, a peeled apple and a spoonful of yogurt. If you are feeling even more adventurous, top off a savory breakfast salad—like the one described below—with a serving of superseeds.

RULE 3
Take a dip in the Med

Still think a low-fat breakfast is a healthy one? In a 5-year observational study published in the *New England Journal of Medicine*, Spanish researchers found that a Mediterranean diet including extra-virgin olive oil or tree nuts reduced the risk of heart attack and stroke by 30 percent, compared with a control group advised to follow a traditional low-fat diet. “The olive oil and nuts supply polyphenols and vitamins that fight inflammation,” says study author Miguel Angel Martinez-Gonzalez, M.D., Ph.D., professor in the department of preventive medicine and public health at the University of Navarra in Spain.

TRY THIS Start your day on the Mediterranean diet with a Greek-style salad for breakfast. Toss together ripe tomatoes, crunchy cucumbers, olives, and walnuts with an olive-oil and lemon dressing. No time to make a salad in the morning? Make a big batch on Sunday and store the dressing separately—the combo will stay fresh in the fridge for up to 3 days. Or scramble eggs with canned or leftover cooked salmon and your choice of chopped fresh herbs, and top it with a drizzle of extra-virgin olive oil.



RULE 4
Expand your grains

Not all grains are created equal. Take a cue from the Scandinavians and make foods rich in rye a part of your breakfast arsenal. Whole grain rye flakes, which cook up into hot cereal just like oatmeal, have twice the fiber as whole grain oats. Rye crisps boast the same amount of fiber as whole wheat bread but have nearly 60 fewer calories per two-piece serving.

TRY THIS Layer crisps with toppings that are rich in protein.

RYE RULES

These crunchy open-faced breakfast sandwiches come together in seconds.

1 SWEDISH

Cream cheese, smoked salmon, capers, and a squeeze of lemon

2 CALIFORNIAN

Roast turkey, Swiss cheese, and avocado slices

3 DELI

Hard-boiled eggs mashed with mayo, topped with dill pickle relish, sliced ham, and black pepper

4 ITALIAN

Pesto, fresh mozzarella cheese, and roasted red pepper



OUR WINNER

THERE'S MUFFIN BETTER

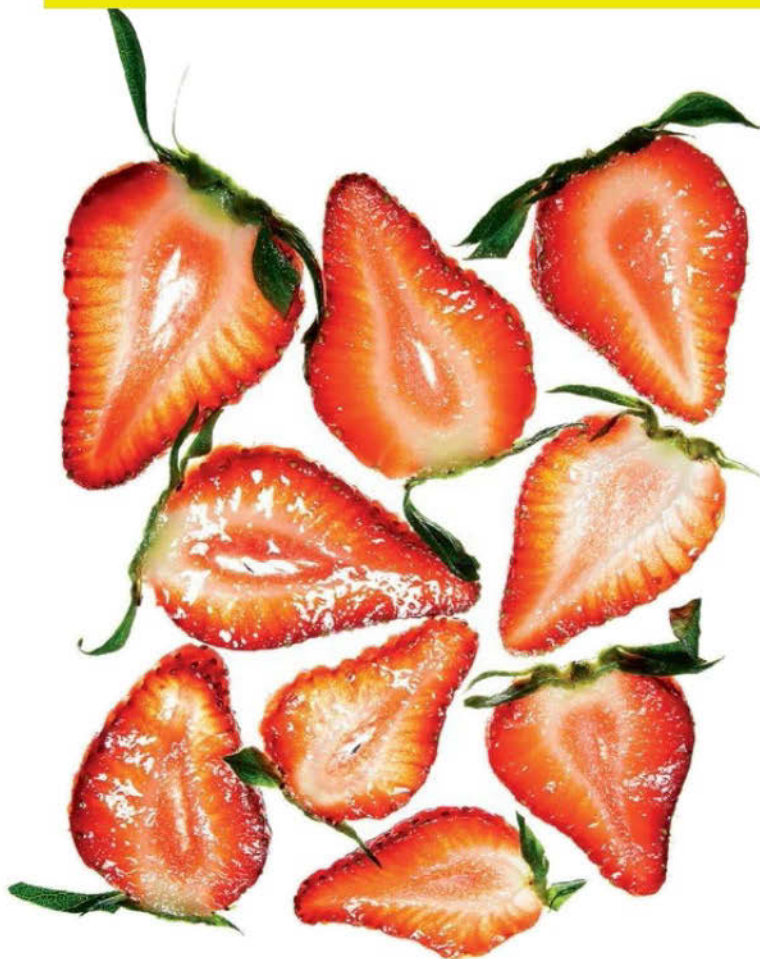
Fast-food restaurants have introduced a range of breakfast sandwiches that claim to be healthy. Which one actually stacks up?

Dunkin' Donuts Turkey Sausage Breakfast Sandwich

(ON AN ENGLISH MUFFIN WITH EGG AND CHEESE)

390 CALORIES | 23 G PROTEIN | 35 G CARBS (7 G FIBER) | 17 G FAT | 860 MG SODIUM

Unlike most "healthy" breakfast sandwiches, this one contains whole eggs rather than egg whites, along with lower-calorie turkey sausage. But the true star of this sandwich is its base: Dunkin's English muffin, which adds an impressive 7 grams of fiber. "This meal is rich in protein and calcium, which support muscle mass and bone health," says Aragon.



SWEET MOVE

Eat berries for breakfast. Finnish scientists found that eating a cup of strawberries or blueberries can blunt the insulin spike caused by consuming refined carbs. Previous research has found that the acids in berries may help slow the rate at which food leaves your stomach. This may moderate your body's insulin response. They are also among the fruits with the lowest sugar profile. All this means that next time you are out for brunch, reach for the berries instead of the syrup for your French toast. You'll stay fuller longer, and avoid that post-breakfast nap.

The benefits of strawberries and blueberries don't just end there. Rich in antioxidant flavonoids, these fruits will protect you from disease-causing free radicals. In fact, adding blueberries or strawberries to your diet three times a week could lower your risk of a heart attack by about a third, finds a study from the Harvard School of Public Health. Get your fill—and ward off cancer, heart complications and a slew of other ailments—by adding these powerhouse treats to a bevy of breakfast foods: toast, Greek yogurt, high-fiber cereal, or even a whole wheat crepe can become your berry-hued canvas that will start your morning off strong.

RULE 5**Don't OD on carbs**

You probably already know that sugary cereal and a tall glass of juice aren't your best choices to start the morning. But even healthy carbs are better later in the day. In a groundbreaking study, Israeli researchers assigned adults to follow either a diet that provided most of their carbohydrates at dinner or a diet with carbs spread throughout the day, including at breakfast. After 6 months, the late-day-carb group lost more weight and improved their cholesterol levels, blood sugar, and inflammation levels—all good news for your heart. “Most men should shoot for at least a 2-to-1 carb-to-protein ratio at breakfast,” measured in grams, says Brian Zehetner, M.S., R.D., C.S.C.S., chief science officer for Anytime Fitness.

TRY THIS Replace your morning oatmeal with a bowl of high-protein Greek yogurt. With twice the protein as regular types, plain Greek yogurt is an ideal way to get your breakfast protein fix with few tagalong carbohydrate calories. Top your yogurt with fresh fruit, nuts, nut butters, high-fiber cereal and spices rather than relying on sugar-packed, sickly sweet fruit-flavored varieties.

53

Percentage of men who underestimate their heart-disease risk. Lower yours by eating healthy food.

Source: Gender Medicine



TOP THIS

Pair a 12-ounce serving of plain Greek yogurt (whole or 2%) with one of these classic flavor combinations.



1 PB&J

Peanut butter, halved grapes, chopped peanuts



2 BANANA BREAD

Sliced banana, chopped walnuts, chocolate chips



3 BERRY MUFFIN

Blueberries, grated unsweetened coconut, a drop of vanilla extract



4 APPLE PIE

Chopped apple, ground cinnamon, raw oats

Real Meal Power Snacks

We devised real-food ideals for snacks, meals, and post-workout fuel. **BY HANNAH McWILLIAMS**

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HE CONVENIENCE OF BEING ABLE TO bring a meal anywhere, say, in protein bar form, is so great, that too often we are willing to overlook the fact we are eating nothing better than dressed up candy bars. ■ Ask almost anyone, though, whether they would actually prefer a real meal to a meal replacement, and you would be hard-pressed to find a guy who would reach for a bar. That's why we asked *MHU.S.* nutrition advisor Alan Aragon, M.S., to help us devise real-food ideals for snacks, meals, and postworkout fuel. ■ So whether you are in a bind and have to grab something fast, or have time to plan ahead, we've got you covered.



HEALTHY OPTIONS

Eating before and after your workout fuels new growth, but finding fast, healthy options can be tough. "Whole foods provide the most nutritious sources of the protein, carbs, and fats that your body needs," says Aragon. Try these fast ideas for a diet boost.

OPTION 1

- 1/4 cup dried fruit
- 1 oz (about 1/4 cup) almonds—a small handful, or 20 nuts
- 2 oz beef or turkey jerky (2 or 3 large pieces)

TOTAL 523 CALORIES |
26 G PROTEIN | 46 G CARBOHYDRATES |
28 G FAT

OPTION 2

- 1 medium-size fruit
(an apple, orange, peach, or banana)
- 2 tbsp peanut butter or almond butter
- 2 oz (2 sticks) part-skim mozzarella cheese

TOTAL 452 CALORIES |
23 G PROTEIN | 35 G CARBOHYDRATES |
25 G FAT

OPTION 3

- 1 oz (about 1/4 cup) macadamia nuts—a small handful, or 10 to 12 nuts
- 1 cup low-fat (1%) cottage cheese
- 1 cup pineapple chunks

TOTAL 449 CALORIES |
31 G PROTEIN | 32 G CARBOHYDRATES |
23 G FAT

50 SHADES OF WHEY

Store-bought smoothies can be overpriced, packed with sugar, and low in protein. Blend your own at home and fuel your muscles the right way



IN A BLENDER, COMBINE

1 Scoop Whey Protein Powder

See the box to the right to find the best one for you.



½ cup plain yogurt
AND
½ cup 2% milk or nut milk

START
PROTEIN-
PACKED
SMOOTHIE
BASE



PICK 1 or 2:
fresh or frozen
FRUIT
1½ cups total

Banana, berries, pear, orange, apple, mango, pineapple

REMOVE PEELS (IF NOT EDIBLE), CORES, AND PITS AS NEEDED; CUT INTO 1-INCH CHUNKS



OPTIONAL
PICK 1 or 2:
VEGETABLE
½ cup total

Spinach, beet, parsley, romaine, carrot, watercress, cucumber

REMOVE ANY RIBS, CORES, AND TOUGH STEMS OR PEELS; CHOP ROUGHLY



OPTIONAL
PICK 1 or 2:
THICKENER
1 to 2 tbsp

Peanut or almond butter, cashews, walnuts, rolled oats, avocado

USE TO GIVE YOUR SMOOTHIE GREAT TEXTURE AND A BONUS DOSE OF NUTRIENTS



¼ to ½ cup
ICE OR WATER
blend until smooth



OPTIONAL
PICK 1 or 2:
FLAVOR BOOST
¼ to ½ tsp

Ground cinnamon, grated fresh ginger, vanilla extract, honey, maple syrup

BLEND IN A SMALL AMOUNT TO ADD NEW LAYERS OF FLAVOR; THEN ADJUST TO TASTE



OPTIONAL
PICK 1 or 2:
HEALTH BOOST
¼ tsp to 1 tbsp

Green-tea powder, turmeric, ground flax, psyllium husk

ADD GREEN TEA OR TURMERIC (USE ¼ TSP) FOR ANTIOXIDANTS, AND ADD FLAX AND PSYLLIUM (USE 1 TBSP) FOR FIBER



WHEY YOUR GOALS

Any 100 percent whey protein powder can work well in your smoothie. But for even more targeted body benefits, try one of these personalized picks—all available at gnc.com.

FOR THE LOW-CARB GUY

Jay Robb Whey Protein Unlike most powders, this low-carb variety has no maltodextrin, leaving room for carbs that pack more nutrients, says nutrition consultant Mike Roussell, Ph.D.

FOR THE HARD GAINER

Optimum Nutrition Platinum Hydrobuilder Creatine, a compound made from amino acids, can help reduce fatigue during heavy lifting and boost muscle gains.

FOR THE HUNGRY MAN

MusclePharm Combat Powder It's a blend of both worlds: Fast-acting whey fuels muscle recovery and growth, and slow-digesting casein quells postgym hunger. —AMY RUSHLOW

POWER BAR

Proteins are constructed from amino acids, and three of those amino acids—leucine, isoleucine, and valine—are most crucial to muscle growth, says Stuart Phillips, Ph.D., FACN, FACSM, a professor of kinesiology at McMaster University. The “muscle score” below represents the sum of those three amino acids, in grams, per 100 grams of each type of protein. So if you’re looking to build muscle, stick with the proteins that score highest.

	MUSCLE SCORE
WHEY PROTEIN	24.3
CALCIUM CASEINATE	19.1
PEA PROTEIN ISOLATE	17.3
BROWN RICE PROTEIN	16.7
SACHA INCHI PROTEIN	12.4
HEMP PROTEIN POWDER	9.7



HIGHER



LOWER

Simplified Suppers

Don't waste time at the supermarket—or in your kitchen. Your blueprint to 5 days of fast, delicious meals is right here. **BY IAN KNAUER**

A

man needs a plan—especially for dinner. Fly blind through the supermarket, and you'll fill your cart with mismatched junk that doesn't cut it culinarily or nutritiously. Arrive home without having a game plan for dinner, and you'll be dialing for takeout before you take off your coat. So arm yourself with our grocery list, which is equipped with absolutely everything you need to make delicious, healthy dinners that will keep you strong all week long. ■ Better still, the recipes here won't have you standing over a stove for hours. By using canned beans and premade sauces, your time in the kitchen is cut in half. During a busy week, quick and affordable meals are the name of the game. ■ Faster than you can say "spicy tuna roll," you will have dinners so satisfying that you won't believe that the hardest part was twisting open a jar!

When grocery shopping, choose products that have a short ingredient list, made up of whole, recognizable foods. This strategy will allow you to pick the least processed products, which means you'll avoid nasty additives that can undercut your healthful eating.



MONDAY

Crispy Pork Chops with Spinach-Chickpea Salad

Any chef will tell you that panko (Japanese-style breadcrumbs) is the easiest way to guarantee a crispy crust on a pan-fried pork chop. This simplified schnitzel cooks fast and stays juicy. Pair it with a simple spinach salad topped with chickpeas and olives.



- 2 eggs
- 2 tsp salt
- $\frac{2}{3}$ cup panko
- 1 tsp smoked paprika
- $\frac{3}{4}$ tsp ground black pepper
- 4 bone-in pork chops (1" thick)
- $\frac{1}{4}$ cup + 2 tbsp extra VOO
- 4 celery stalks, sliced diagonally
- 2 15-oz cans garbanzo beans, drained
- $\frac{2}{3}$ cup chopped olives
- 1 tbsp cider vinegar
- 5 oz baby spinach

1/ Beat the eggs in a shallow bowl with $\frac{1}{2}$ tsp salt. In a separate dish, stir together the panko and paprika, 1 tsp salt, and $\frac{1}{2}$ tsp pepper.

2/ Moisten the pork chops in the egg mixture and then dredge them in the panko.

3/ Heat $\frac{1}{4}$ cup olive oil in a large, heavy skillet on medium low; saute the pork chops (in batches if necessary), turning once, until they're golden brown and just slightly pink in the center, 7 to 8 minutes total. Let the pork rest for 5 minutes.

4/ For the spinach-chickpea salad, stir together the celery, beans, olives, vinegar, 2 tbsp oil, $\frac{1}{2}$ tsp salt, and $\frac{1}{4}$ tsp pepper in a medium bowl. Add the spinach and toss together. Serve with the pork.

TUESDAY

Pulled Jerk Chicken and Yogurt Slaw Sandwiches

Never underestimate the power of jerk seasoning.



- 1 lb boneless, skinless chicken breasts
- 2 tbsp Jamaican style jerk marinade and sauce
- 1 tbsp extra VOO
- $\frac{2}{3}$ cup 2% Greek yogurt
- $1\frac{1}{2}$ tbsp cider vinegar
- 1 tbsp Dijon mustard
- 2 tsp sugar
- 1 tsp smoked paprika
- 1 tsp salt
- $\frac{1}{2}$ tsp ground black pepper
- 1 bag coleslaw mix
- 4 whole wheat potato rolls, toasted
- Cayenne pepper sauce to taste

1/ Preheat the oven to 177°C. Cut the chicken into 2" pieces and toss with the jerk sauce. Heat the oil in a large ovenproof skillet on high. When it's hot, add the chicken and then immediately transfer the skillet to the oven. Roast the chicken, turning the pieces once, until cooked through, 15 to 20 minutes. Transfer the chicken to a plate and let it cool so you can handle it. Then shred it.

2/ In a large bowl, whisk together the yogurt, vinegar, mustard, sugar, paprika, salt, and pepper; toss this with the coleslaw mix and season to taste with salt and pepper.

3/ Make sandwiches with toasted rolls, chicken, and slaw. Serve with hot sauce.

WEDNESDAY

Shrimp and Black Bean Enchiladas This protein packed meal comes together with ease.



- 1 14-oz can black bean & quinoa chili
- 1 lb large, peeled shrimp, cut into 1" pieces
- 8 corn tortillas
- 1 16-oz jar roasted tomato salsa
- 1 6-oz bag shredded Mexican cheese
- 1 avocado, pitted and diced
- $\frac{1}{4}$ cup cilantro leaves
- Cayenne pepper sauce to taste
- 1/** Preheat the oven to 177°C. Bring the chili to a simmer in a large, heavy skillet. Stir in the shrimp and cook, stirring occasionally, until they're opaque and cooked through and the sauce is slightly thickened, 6 to 8 minutes.
- 2/** Divide the enchilada mixture among the tortillas. Roll up the filled tortillas and place them seam side down in a 9" square baking dish.
- 3/** Pour the salsa over the enchiladas and sprinkle them with cheese. Bake until the cheese melts and the filling is hot, about 15 minutes.
- 4/** Serve the enchiladas topped with avocado, cilantro, and hot sauce.

THURSDAY

Pasta with Turkey Bolognese and Arugula

Make a Bolognese with ground turkey and vegetables and have an Italian meal that satisfies.



- 1½ tsp salt
- ½ tsp ground black pepper
- 1 lb ground turkey
- 1 28-oz can peeled tomatoes
- 1 12-oz jar roasted red pepper, cut into strips
- 8 oz low sodium chicken broth
- 1 lb whole wheat spaghetti
- 5 oz baby arugula
- Finely grated Parmesan cheese

- 2 tbsp extra VOO
- 1 large onion, chopped
- 1 carrot, diced
- 1 celery stalk, diced
- 3 garlic cloves, chopped

1/ Heat the oil in a large, heavy skillet on medium high. Stir in the onion, carrot, celery, garlic, salt, and pepper and sauté until the vegetables are golden, about 6 minutes.

2/ Stir in the turkey; sauté, breaking up lumps with a wooden spoon, until the meat is browned, 6 to 8 minutes. Stir in the tomatoes, peppers, and broth and bring the mixture to a simmer. Simmer the sauce until slightly thickened, 15 to 18 minutes. Reserve.

3/ Cook the pasta in a pot of boiling salted water until al dente, about 11 minutes. Drain and toss with the Bolognese sauce and arugula. Top with Parmesan. Serve.

FRIDAY

BBQ Meat Loaf with Roasted Parsley Carrots

This meat loaf will not only feed you on Friday but also make fine sandwiches on Saturday.



- 1 large onion, chopped
- 3 garlic cloves, chopped
- 1 tbsp + ½ tsp salt
- 1½ tsp ground black pepper
- 2 eggs
- 1 tbsp cayenne pepper sauce
- 2 lb ground beef
- ¼ cup BBQ sauce + extra for serving
- ½ cup fresh parsley, chopped

- 1 cup panko
- ½ cup whole milk
- 1 lb carrots, peeled
- 3 tbsp extra VOO
- 1 celery stalk, chopped

YOUR SHOPPING LIST

PRODUCE

- 2 lb carrots
- 1 bunch celery
- 5 oz baby arugula
- 5 oz baby spinach
- 1 avocado
- 2 large onions
- 1 head garlic
- 1 bag shredded coleslaw mix
- 1 bunch cilantro
- 1 bunch parsley

DAIRY

- 1 bag shredded Mexican cheese
- Parmesan cheese
- 1 qt whole milk
- 1 container (7 oz) 2% Greek yogurt
- ½ dozen eggs

MEAT AND SEAFOOD

- 1 lb large, raw, peeled shrimp
- 1 lb boneless, skinless chicken breasts
- 1 lb ground turkey
- 2 lb ground beef
- 4 bone-in pork chops (1" thick)

PANTRY

- 1 can black bean & quinoa chili
- 1 16-oz jar roasted tomato salsa
- 1 pkg corn tortillas
- 2 15-oz cans garbanzo beans
- 8 oz low-sodium chicken broth
- 1 lb whole wheat spaghetti
- 1 28-oz can peeled tomatoes
- 1 container mixed olives
- 1 pkg whole wheat potato rolls
- 1 bottle Jamaican style jerk marinade and sauce
- 1 12-oz jar roasted red peppers
- 1 bottle BBQ sauce
- 1 bottle smoked paprika
- 1 bag panko

STAPLES (KEEP ON HAND)

- Salt
- Black peppercorns
- Extra virgin olive oil
- Dijon mustard
- Cider vinegar
- Sugar
- Cayenne pepper sauce

1/ Preheat the oven to 177°C. Set racks in the upper and lower thirds of the oven. Stir the panko and milk together in a large bowl. Dice 1 carrot.

2/ In a medium pan, heat 2 tbsp oil on medium high. Sauté the diced carrot with the celery, onion, garlic, and 1 tbsp salt until golden, about 8 minutes; transfer to the bowl with the panko. Stir in 1 tsp pepper, the eggs, and the hot sauce, and then gently mix in the beef.

3/ Place the mixture in a 9"x4" loaf pan and spread with BBQ sauce. Place the pan on a baking sheet and bake until an instant-read thermometer registers 68°C, 1 to 1¼ hours. Let stand 10 minutes.

4/ While the meat loaf bakes, cut the rest of the carrots into 1" pieces; on a baking sheet, toss with 1 tbsp oil and ½ tsp each salt and pepper. Roast until tender, 35 to 40 minutes, and toss with parsley. Serve the meat loaf with BBQ sauce and the carrots.

Game Changers

Whatever game you're watching on your flat screen, don't let it lead to tighter pants. Try these updated, nutrient-packed classics that won't derail your hard-won gym benefits. **BY LARAIN PERRI AND JULIE STEWART**

Bombay Wings with Cilantro-Mint Raita

TAKE YOUR WINGS OUT OF BUFFALO

For golden-brown, juicy wings without the mess of deep-frying, simply turn on the oven. Baking the chicken allows excess fat to drip away. Then add flavor with antioxidant-rich, anti-inflammatory Indian spices like

turmeric, ginger, and garam masala. And for a healthier dip that trumps the bottled stuff, use protein-packed Greek yogurt as a base. The raita has 12 percent of the calories that are in your average blue-cheese dressing.



Beef, Beer, and Black Bean Chili

SUPERCHARGE YOUR CHILI

Sub in grass-fed beef for the regular grain-fed kind; a Utah State University study shows that it's leaner and packed with more nutrients. And go dark with the beans; a North Dakota State University study reports that black

beans have more disease-fighting anthocyanins and flavonols than pintos. Finally, don't forget a glug of beer; University of California researchers say the antioxidant content of beer rivals that of white wine.

Smoky Almond-Pepper Hummus

SNEAK IN THE VEGETABLES

You can punch up traditional hummus by blending in veggies like spinach or roasted red pepper. "The more flavor the hummus has, the less you'll be tempted

to overeat," says Marisa Moore, R.D., L.D., a spokeswoman for the Academy of Nutrition and Dietetics in the U.S. Plus, more vegetables means more nutrients.

Peanut Butter Hummus

BUTTER UP YOUR HUMMUS

Hummus is usually a blend of chickpeas and tahini, a paste made of ground sesame seeds. For our two, we're combining chickpeas with nut

butter instead. Why? Protein content. Peanut butter boasts 54 percent more protein than tahini, while almond butter has 28 percent more.



W

ATCHING THE GAME can amp up any guy's appetite. Between yelling at the TV, arguing with your brother-in-law, and feverishly flipping channels, it's no wonder that game time can lead to mindless munching.

Beef, Beer, and Black Bean Chili

This dark, spicy, meat-filled mix earns our vote for MVP.

- | | | | |
|-------|---|--------------------------------------|--|
| 1 | tsp plus 1 tbsp olive oil | chipotles in adobo, or more to taste | |
| 1 1/2 | lb grass-fed ground beef | | |
| 1 1/2 | tsp salt | 1 | tbsp honey |
| 1 | large onion, chopped | 2 | 15-oz cans black beans, rinsed and drained |
| 5 | garlic cloves, chopped | 2 | tbsp fresh lime juice |
| 2 | tbsp chili powder | | |
| 1 | tbsp ground cumin | | |
| 1 1/2 | tsp dried oregano | | |
| 1 | 12-oz bottle dark beer | | |
| 1 | 28-oz can organic fire-roasted crushed tomatoes | | |
| 1 | tbsp minced canned | | |
| | | | Your choice of toppings: shredded Cheddar cheese, sour cream, diced avocado, chopped scallions, chopped fresh cilantro, lime wedges, lettuce |

1/ Heat 1 tsp of oil in a large, heavy pot on medium. Add the beef and sauté, breaking up the meat with a wooden spoon, until no pink remains, about 5 minutes. Using a slotted spoon, transfer the beef to a plate, season with the salt, and set aside.

2/ Pour off and discard the liquid from the pot and add 1 tbsp of oil. Add the onion and sauté until soft, about 5 minutes. Add the garlic and sauté 1 minute more. Stir in the chili powder, cumin, and oregano.

3/ Add the beer and simmer for about 5 minutes. Return the beef to the pot and add the tomatoes, chipotles, and honey. Bring to a boil; reduce to a simmer and cook for 1 hour, stirring occasionally. (Add a splash of water if the chili becomes too dry.)

4/ Add the beans in the last 5 minutes to heat through. Stir in the lime juice. Serve the chili with your choice of toppings.



TRY HEALTHY
VERSIONS OF
GAME-DAY
CLASSICS.

Smoky Almond-Pepper Hummus

The inevitable bowl of healthy hummus plays second string on countless spreads. It's time this nutritional benchwarmer of the buffet is promoted to the big leagues.

- | | |
|--|---|
| 1 15-oz can chickpeas,
rinsed and drained | 2 tsp extra VOO |
| 1 7.5-oz jar roasted
red peppers, well
drained | 1 tsp sherry vinegar |
| 3 tbsp creamy almond
butter | 1 tsp fresh lemon juice |
| | $\frac{1}{2}$ tsp smoked paprika |
| | $\frac{1}{2}$ tsp salt |
| | 2 garlic cloves, mashed
with a pinch of salt |

Combine all the ingredients plus 2 tbsp of warm water in a food processor. Blend until smooth.

Peanut Butter Hummus

Using thawed frozen spinach helps this take on hummus come together fast.

- | | |
|--|--|
| 1 15-oz can chickpeas,
rinsed and drained | 1 garlic clove, mashed
with a pinch of salt |
| 3 tbsp peanut butter | $\frac{1}{2}$ 10-oz package
frozen chopped
spinach, thawed and
squeezed dry |
| 2 tbsp fresh lemon juice | |
| 2 tsp extra VOO | |
| $\frac{1}{2}$ tsp ground cumin | |
| $\frac{1}{2}$ tsp salt | |

Combine all the ingredients except the spinach in a food processor along with $\frac{1}{3}$ cup of warm water. Blend until smooth. Quickly pulse in the spinach until combined. Transfer to a serving bowl.

Bombay Wings with Cilantro-Mint Raita

Indian spices and a tangy yogurt dip take this game-day classic beyond the corner bar.

- | | |
|--|---|
| 2 7-oz containers plain
2% Greek yogurt | $\frac{1}{2}$ tsp salt |
| 5 tbsp fresh lemon juice | 3 lb chicken wings
(wing tips removed),
separated at joints |
| 2 tsp minced fresh garlic,
+ 1 small garlic clove
mashed with a pinch
of salt | 1 tbsp finely chopped
cilantro |
| 1 tbsp minced fresh
ginger | 1 tbsp finely chopped
mint |
| 2 tsp garam masala | $\frac{1}{2}$ tsp honey |
| 1 tsp ground coriander | Canola oil, for brushing |
| 1 tsp turmeric | |
| $\frac{1}{2}$ tsp ground cayenne | |
| 1 tsp ground cumin | |

1/ In a baking dish large enough to hold the wings, combine a container of yogurt with 3 tbsp of the lemon juice. Add the minced garlic, minced ginger, garam masala, coriander, turmeric, cayenne, $\frac{1}{2}$ tsp of the cumin, and 1 tsp of the salt. Add the wings and toss to coat thoroughly. Cover and refrigerate for 3 to 4 hours.

2/ To make the raita, use a small bowl to combine the other container of yogurt with 2 tbsp of lemon juice, the mashed garlic clove, and $\frac{1}{2}$ tsp each of cumin and salt. Add the cilantro, mint, and honey. Cover and refrigerate.

3/ Preheat the oven to 232°C. Line two heavy, rimmed baking sheets with parchment. Arrange wings skin side down on the baking sheets. Brush lightly with oil and roast for 15 minutes. Turn the wings and roast until golden and just cooked through, about 10 minutes more. Serve the wings with the raita dip.

Healthy Comfort Food

Your favorite comfort foods don't have to lead to a layer of pudge. We show you how to rescue these timeless favorites. **BY DAVID ZINCZENKO AND MATT GOULDING**

T

HE CRUEL PARADOX OF THE HOLIDAY season: Our healthy resolutions are in full swing but the cold weather makes us crave the primal pleasures of comfort food. So how can we resist the belly-warming, sugar-laden, fat-drenched foods that foster some of the world's greatest health problems? And, scarier yet, the restaurant versions that take bad to worse? ■ Actually, you don't have to choose between feeding your belly and flattening it. Here, we dissected four iconic comfort dishes, pinpointing major trouble spots and offering quick, decisive fixes for each. Use these tricks and techniques as a blueprint for healthy cooking, so you can avoid dining-out disasters and turn all your favorite comfort foods into mouth-watering weight-loss weapons. You'll have all the edible comfort you crave, plus a lean belly to show for it.



THIS MAC &
CHEESE WILL
MAKE YOU COZY,
NOT FAT.

1/ ICE CREAM SUNDAE

The sundae used to be so simple: a scoop of ice cream, a drizzle of chocolate, and a cherry on top. But that treat has been replaced by tricked-out, candy-packed, triple-sauced behemoths that can contain more calories than a pound of steak. Follow these tips and you'll return the old-school sundae to its rightful place as a sensible indulgence.

THE FIX

Seek out quality ice cream that lists milk, not cream, as the first ingredient. Garnish it with high-impact fruit, chocolate, and nuts, which add flavor rather than mere sweetness. And serve it in a rocks glass, which looks great while limiting portion size.

GRILLED BANANA SPLIT

- 2 ripe bananas, unpeeled
- 2 tbsp light brown sugar
- 4 scoops good-quality vanilla ice cream
- 4 tbsp dark chocolate syrup or fudge sauce, warmed in a bowl
- 1/4 cup roasted salted peanuts, roughly chopped

1/ Preheat a grill pan or cast-iron skillet on medium high. Halve the bananas lengthwise, making sure to leave each half in the peel. Coat the exposed banana flesh with the brown sugar, using your fingers to press the sugar in. When the skillet or grill pan is hot, place the bananas in the pan, cut side down. Cook them until the surface caramelizes to a deep brown, about 3 minutes.

2/ Let the bananas cool briefly, carefully remove the peels, and place each piece in the bottom of a rocks glass or a small bowl. (You can break the pieces in half if that works better.) Top each portion of banana with a scoop of ice cream along with equally divided portions of warmed chocolate sauce and a sprinkling of chopped peanuts.

MAKES 4 SERVINGS

CALORIES	840	314
FAT	55 G	13 G
SUGARS	95 G	37 G
SAVE 526 CALORIES, 42 G FAT, AND 58 G SUGAR!		

- ESTIMATED AVERAGE RESTAURANT ICE CREAM SUNDAE
- OUR ICE CREAM SUNDAE

2/ MAC & CHEESE

Think about comfort food and you'll probably conjure up an image of a bubbling crock of mac & cheese. The problem is, short of mayo straight from the jar, you'd be hard-pressed to find another treat with more calories per gram. But we believe that a creamy but relatively healthy mac & cheese is an inalienable right of everyone—and we've cracked the code.

THE FIX

Many restaurants use low-cost, high-calorie cheeselike substances of the Velveeta variety. Instead, swap in bechamel—an easy, creamy white sauce. Add flavor-packed sharp Cheddar, along with lower-calorie Swiss and mozzarella for more meltability. To finish, top with Parmesan and panko, and broil for a crunchy crust.

MACARONI & CHEESE

- 2 cups elbow macaroni or fusilli pasta
- 2 tbsp butter
- 2 tbsp flour
- 2 cups 2% milk
- 1 cup shredded extra-sharp Cheddar
- 1/2 cup shredded mozzarella
- 1/2 cup grated Swiss cheese
- 1/4 cup Greek yogurt
- 1/2 cup panko
- 1/4 cup grated Parmesan
- Salt and freshly ground black pepper to taste

1/ Cook the pasta according to package instructions until just al dente. Drain and reserve the pasta.

2/ Meanwhile, melt the butter in a saucepan over medium heat. Sprinkle in the flour and cook for 1 minute, stirring constantly. Gradually whisk in the milk and cook, stirring frequently, until thickened, 5 minutes. Add the Swiss cheese, Cheddar, and mozzarella, and stir until melted. Cut the heat, add the yogurt and cooked pasta, and toss.

3/ Heat the broiler. Pour the mac & cheese mixture into an 8" square baking dish. Top with bread crumbs and Parmesan, and season with black pepper. Broil until the bread crumbs are golden brown, about 5 minutes.

MAKES 4 SERVINGS

CALORIES	1,380	595
FAT	69 G	28 G
SODIUM	3,150 MG	462 G
SAVE 785 CALORIES, 68 G FAT, AND 2,688 MG SODIUM!		

- ESTIMATED AVERAGE RESTAURANT MAC & CHEESE
- OUR MAC & CHEESE



A CARAMELIZED
BANANA SUNDAE
AMPS UP THE
FLAVOR, MAKING
YOU SATISFIED
INSTEAD OF STUFFED.

3/ CLAM CHOWDER

In many typical restaurants, clam chowder means soup so thick and creamy that you practically have to scrape it off the spoon with your teeth. And that's a shame: the Elmer's glue consistency means it's been thickened with too much flour and packed with so much cream that the subtle, briny flavor of the clams is drowned out altogether. It ends up being a bowl of blandness.

THE FIX

The truth is, clam chowder—real clam chowder, that is—has always been about the clams. All they need is a thin but bracing broth of clam juice and a hit of milk to create a belly-warming brew that won't sit in your stomach for far too long. One essential addition: bacon. The smoky flavor pairs perfectly with the bivalves.

CLAM CHOWDER WITH BACON

- | | |
|--|-------------------------|
| 4 strips bacon, chopped | Salt and freshly ground |
| 1 small onion, diced | black pepper to taste |
| 2 celery stalks, diced | |
| 1 tbsp flour | |
| 1 10-oz can clams | |
| 2 cups bottled clam juice | |
| 1 cup whole milk | |
| 2 medium gold potatoes, peeled and diced (about 1½ cups) | |
| 2 sprigs fresh thyme | |

1/ In a large pot or saucepan over medium heat, cook the bacon until it's browned and crispy, about 5 minutes. Transfer to a paper-towel-lined plate and reserve.

2/ Add the onion and celery to the bacon fat in the pan and cook them until soft, about 5 minutes. Sprinkle in the flour and cook, stirring constantly, for 1 minute. Stir in the liquid from the canned clams, the bottled clam juice, and the milk.

3/ Bring the mixture to a simmer and add the potatoes and thyme. Cook at a steady simmer just until the potatoes are tender, about 10 minutes. Season the chowder with salt and black pepper. Just before serving, add the canned clams and simmer just long enough to heat them through. Garnish with the crispy bacon.

MAKES 4 SERVINGS

CALORIES	519	254
FAT	39 G	7 G
SODIUM	1,106 G	575 G

SAVE 265 CALORIES, 32 G FAT, AND 531 MG SODIUM!

- ESTIMATED AVERAGE RESTAURANT CLAM CHOWDER
- OUR CLAM CHOWDER

4/ CHICKEN POTPIE

Classic potpie is meaty, creamy, saucy, and downright delicious. It's also dangerously overloaded with ingredients that give your cardiologist nightmares: cheap fats, empty carbs, and lots of sodium. Of course, it doesn't have to be that way. A few simple tricks can make potpie nutritionally respectable without sacrificing the creature comforts of the original dish.

THE FIX

Roll out the pastry as thin as you can—you'll still have the buttery golden crust for about a quarter of the calories. For the filling, keep the focus on meat and vegetables, not sauce. And make the potpie in a single baking dish, which makes it easy to carve out reasonable portions—simply divide into quarters and serve.

CHICKEN POTPIE

- | | |
|---|---|
| 2 tbsp butter | ½ cup half-and-half |
| 2 carrots, diced | 1 cup frozen peas |
| 2 garlic cloves, minced | 1 cups rotisserie white-meat chicken chunks |
| 2 cups quartered mushrooms | Salt and pepper |
| 2 cups frozen pearl onions | 1 sheet puff pastry, thawed |
| ¼ cup all-purpose flour | 2 egg whites, lightly beaten |
| 2 cups low-sodium chicken broth, warmed | |
| 1 cup 2% milk | |

1/ Preheat the oven to 190°C. Put the butter in a large saucepan on medium heat. Cook the carrots and garlic until soft, 5 minutes. Add the mushrooms and onions; cook 5 minutes. Stir in the flour.

2/ Gradually whisk in the broth, milk, and half-and-half, and simmer until the sauce has thickened, 10 to 15 minutes. Stir in the chicken and peas and season with salt and pepper. Pour the filling into a 13"×9" baking dish.

3/ On a lightly floured surface, roll out the pastry so it's slightly larger than the dish.

4/ Place the pastry over the dish, pinching it against the sides, and brush with the egg whites. Bake until golden brown, about 25 minutes.

MAKES 4 SERVINGS

CALORIES	1,100	706
FAT	78 G	38 G
SODIUM	2,100 G	596 G

SAVE 394 CALORIES, 40 G FAT, AND 1,054 MG SODIUM!

- ESTIMATED AVERAGE RESTAURANT CHICKEN POT PIE
- OUR CHICKEN POT PIE

A THIN CRUST KEEPS
THIS POTPIE
HEALTHY, SO THAT
YOU CAN NOSH
WITHOUT THE GUILT.



MORE UPGRADES

A DAY OF HEALTHY COMFORT FOOD

You can revamp your favorite meals to slash calorie counts while actually boosting flavor. Here are three upgrades, from breakfast to dinner, that prove it.

1/ BREAKFAST

FRENCH TOAST

French toast is by definition a carb-heavy breakfast. But by increasing your fiber intake, you can blunt the impact on your sugar levels. Try replacing the syrup with any of these simple fruit-packed toppings. Sure, it's still a pretty decadent way to start your day, but at least you won't need a nap afterward.

TRY THIS

- ▶ A dollop of ricotta and some orange segments
- ▶ Strawberries with powdered sugar
- ▶ Blueberries cooked for 15 minutes with a spoonful of water and a bit of sugar

2/ LUNCH

DELI SANDWICH

Reconfigure your next triple-decker sandwich as a knife-and-fork version on a single slice of bread. This achieves the near-impossible feat of making it feel more substantial while actually lowering its calories. Just broil the assembled open-faced sandwich on a baking sheet until browned, 5 minutes.

TRY THIS

- ▶ Black Forest ham, Swiss cheese, Dijon mustard, ground pepper
- ▶ Roast beef, caramelized onions, provolone, thinly sliced pickles
- ▶ Roasted vegetables, pesto, fresh mozzarella

3/ DINNER

STUFFED PASTA

You might think of lasagna and manicotti as cheesy instruments of the devil, tempting you away from your best eating intentions. But if you tweak the sauce and cut back on the mozzarella, you'll find a healthy meal hiding under that bubbling cheese. Use one of these fillings in your next batch.

TRY THIS

- ▶ Chicken sausage simmered with onions, garlic, and tomatoes
- ▶ Sautéed mushrooms with goat cheese, parsley, and ricotta
- ▶ Shrimp sautéed with garlic and spinach, with sun-dried tomatoes and ricotta —D.Z. & M.G.H

CAN I REALLY LOSE WEIGHT BY EATING MORE PEANUT BUTTER?

—Drew, Elmira, NY



REMEMBER HOW ELVIS LOOKED TOWARD THE END? All those peanut-butter-and-banana sandwiches didn't help him fit into a slimmer jumpsuit. So no, peanut butter will not magically melt your middle. What it may do, however, is help you avoid a king-size gut in the first place. Researchers in Spain found that men who ate about 3 tablespoons of nut butter twice a week were 40 percent less likely to be overweight or obese than those who didn't dig in. "Peanut butter is a good source of healthy unsaturated fats and protein," says Cyril Kendall, Ph.D., a researcher of nutritional science at the University of Toronto. "These nutrients are highly satisfying and help regulate your blood sugar so you don't have cravings." Before you spread PB on your bread, check out our picks for the best-tasting peanut butter types. You may have to stir them, but you can keep the oils mixed by storing the jars upside down. Oh, and guys? Go easy on the jelly.



CRUNCHY PB

Crunchy yet easy to spread, it has a hint of sugar that sweetens without cranking the calorie count. Use it as a dip with celery and carrot sticks or apple and banana slices.

ON-THE-GO PB

Protein makes PB an ideal post-workout snack, but in a jar? Toss squeeze packs in your bag instead.

SMOOTH PB

The velvety consistency makes it easy to blend into smoothies. Just stir before using.

ALMOND BUTTER

Almonds have more fiber than peanuts, making this a filling alternative to traditional PB.

NUT ALTERNATIVE

This spread, made with roasted sunflower seeds in a nut-free facility, is ideal for anyone with a nut allergy. Pair it with something sweet, like honey.

Avoid Holiday Fat Traps

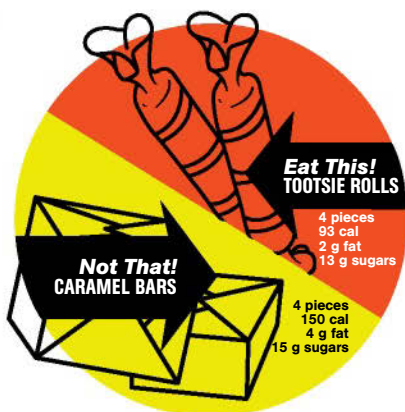
December can be the cruelest month—at least when it comes to creating flab. Overcome obstacles and avoid seasonal baggage. **BY CLINT CARTER**

T

HANKS TO ALL THAT MERRIMENT, MOST of us gain weight during the holiday season. Even worse, “people don’t generally lose the weight they put on,” says Betty Kovacs, M.S., R.D., codirector of the New York Obesity Nutrition Research Center’s weight-loss program. “Those pounds just accumulate over the years.” That means much of the weight you gain as the years pass can be blamed on festive cocktails and candy bowls. ■ Tasty temptation isn’t just for the holidays, though, and slip-ups lurk around the corner all year. Often the solution is just simple substitutions, replacing some damaging holiday—or any time—“treats” with alternatives that are more in line with the healthy way you want to eat. Turn the page to see what we mean.



CURB SUGAR
CRAVINGS WITH
SMART SUBSTITUTIONS
AND STAY ON TRACK
IN DECEMBER AND
BEYOND!



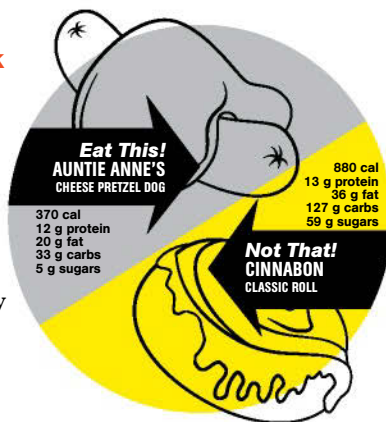
The Temptation: Candy everywhere **Your Resistance:** Manage your carb cravings

Halloween isn't the only time you are faced with sweet temptation. Every day, potential calorie bombs crop up, from your coworker's homemade cookies, to the lollipops at the bank, to the fluffy croissants at your favorite café. Reset your cravings by switching to a low-carb diet right now. In a Temple University study, obese people who cut back on carbohydrates found themselves less likely to crave sweets and other high-carb foods. Avoiding such fare can also make you feel less bothered or distracted by hunger, researchers found.

WALK AWAY: When candy cravings strike, take a stroll. British researchers found that 15 minutes of brisk walking could curb the desire for chocolate.

THE TEMPTATION: Mall hunger **YOUR RESISTANCE:** Have a mind-fueling snack

After a day filled with shopping, food-court fries may seem like a blissful respite, but they'll only slow you down. Researchers in Switzerland found that meals consisting of mostly carbohydrates can inhibit cognitive performance and stretch out decision times. You could waste hours looking for the perfect present and still end up handing over a gift card. Plus, Kovacs says, "If you eat mostly carbs, you'll never feel full." One reason for this: Carbohydrates are relatively ineffective at suppressing the hunger-promoting hormone ghrelin, especially when compared with protein, according to a study in the *Journal of Clinical Endocrinology & Metabolism*. Do yourself a favor: Find a high-protein, low-carb snack that comes in under 400 calories, and you'll escape the mall faster.



THE TEMPTATION: The party buffet **YOUR RESISTANCE:** Eat a pregame meal

You are what you eat? A study in the journal *Appetite* found that unhealthy, high-fat food is viewed as more masculine, which may explain why men tend to eat poorly at parties. We also tend to eat more in situations we've defined as special occasions. So do this: Before you leave your house, eat something to dull those urges. Kovacs recommends Greek yogurt. The protein fills your belly, and the fat can help your body handle alcohol. If you do plan to eat, be civilized about it. "Plate your food, sit down, and pay attention," says Kovacs; otherwise you won't realize how much you're eating.

LOOK AWAY Keep your back to the buffet table. Cornell researchers found that heavier people were more likely to sit facing the spread.



THE TEMPTATION: “Seasonal” foods galore YOUR RESISTANCE: Boycott kitschy-sounding food

We aren’t talking about pea shoots when we say seasonal. Seasonal flavors, from pumpkin to peppermint, means that throughout the year fast food chains and restaurants alike have special menus promoting limited-time foods. Case in point: At 760 calories, the holiday-themed Reese’s Peanut Butter Snowman has more than 3½ times the calories of a regular two-pack of Reese’s Peanut Butter Cups; and at 630 calories, the Warm Cinnamon Swirl Muffin on the Dunkin’ Donuts holiday menu has nearly a third more sugar than the average year-round muffin. Steer clear of these festive treats and find less fattening ways to celebrate the seasons.

THE TEMPTATION: Sunday feast at Mom’s YOUR RESISTANCE: Crank your metabolism

We don’t know your mother, but it’s highly unlikely that she’ll let you get away with taking a diet-sized portion of her comforting fare. And even if you were to only take a little bit of everything on the table, you’d probably still end up with a hefty dinner. Don’t deprive yourself—instead, fit in a quick workout. A study from Appalachian State University found that cycling vigorously for 45 minutes may elevate your metabolism for as long as 14 hours afterward. A workout close to mealtime is even better: A different study published in the journal *Appetite* found that feelings of hunger are diminished for 1 hour after exercise.

DRINK UP Before the big meal, drink about 16 ounces of H₂O; you could cut your calorie intake by up to 8 percent, notes a study in the journal *Obesity*.



THE TEMPTATION: Weekend revelry YOUR RESISTANCE: Offset the libations

Alcohol calories are no more fattening than food calories, says trainer Christian Finn, M.S., but that doesn’t mean you can simply drink your dinner. Booze can lower inhibitions and stimulate appetite, making it hard for you to resist greasy food trays and late-night delivery calls. If you’re set on drinking, just work in one calorie-free beverage for every alcoholic drink. “Alternate the alcohol with something like sparkling water,” says Finn. The best option: club soda with a wedge of lime. It feels like a cocktail in your hand, cuts the evening’s caloric damage by half, and saves the pizza guy a post-midnight run to your house. Plus, it’ll help keep you hydrated so you won’t spend the next day curled up with a hangover and a bottle of aspirin.

**BOOST
YOUR RESULTS**



The Three-in-One Strength Plan

Trigger new muscle growth, break through training plateaus, and transform your entire body with these cutting-edge workouts. **BY MICHAEL EASTER**

B

BULKING UP AND GAINING DEFINITION don't have to be opposing goals. With a smart workout, you can minimize your gym time and achieve both objectives efficiently. The following pages feature just the routines you need, designed by John Romaniello, C.P.T., owner of Roman Fitness Systems in New York City. "By pairing big lower-body moves with intense upper-body circuits (and vice versa), these workouts pack on size and strength while torching fat and boosting endurance," says Romaniello. ■ The combination of high- and low-rep sets also ensures that no muscle fiber—fast-twitch or slow-twitch—is left untouched. The result is a total-body plan for building maximum muscle in less time. These cutting-edge circuits will have you working smarter (not harder), for a stronger, more powerful body.



WRECK YOUR
OLD ROUTINES.
IT'S TIME TO
ADOPT A NEW,
MORE EFFICIENT
WORKOUT PLAN.



TRAP BAR DEADLIFT

Stand inside a trap bar and grab the bar's handles using a neutral grip (palms in) **A**. Without allowing your lower back to round, pull your torso back and up, thrust your hips forward, and stand up with the bar **B**. Return to the starting position. If your gym has no trap bar, do a standard deadlift.

WORKOUT A	WORKOUT B	WORKOUT C
TRAP BAR DEADLIFT 20 breathing reps	RESISTANCE BAND PUSHUP 20 breathing reps	BARBELL SQUAT 20 breathing reps
PULLUP 10 to 12 reps	BARBELL SQUAT 6 reps	DUMBBELL INCLINE BENCH PRESS 10 reps
DUMBBELL SHOULDER PRESS 10 to 12 reps	BARBELL STRAIGHT-LEG DEADLIFT 6 reps	BARBELL ROW 8 reps
EZ-BAR CURL 6 to 8 reps	BARBELL ROW 6 reps	SEATED OVERHEAD TRICEPS EXTENSION 8 to 12 reps
COMPLETE THIS CIRCUIT 5 TIMES	COMPLETE THIS CIRCUIT 6 TIMES	COMPLETE THIS CIRCUIT 5 TIMES
TRAP BAR DEADLIFT 15 reps Use 50 percent of the weight you used at the beginning of your workout, performing all 15 reps in 1 set.	RESISTANCE BAND PUSHUP 15 reps Perform all 15 reps in 1 set.	BARBELL SQUAT 15 reps Use 50 percent of the weight you used at the beginning of your workout, performing all 15 reps in 1 set.

DIRECTIONS

Complete each workout once a week, resting 2 days after each.

Perform the first exercise in each workout using breathing reps: Choose a weight (or resistance band) that allows you to do only 12 to 15 reps, and then do them.

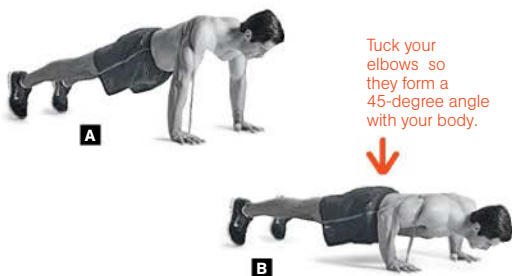
Without letting go of the bar or band, take two breaths and do 1 or 2 more reps.

Continue until you reach 20, then rest 4 minutes.

Do the second set of exercises as a circuit, moving from one to the next without rest.

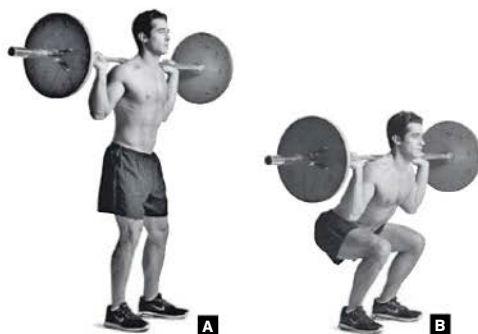
Rest 2 minutes between circuits.

Finish off each workout with 1 set of the final exercise.



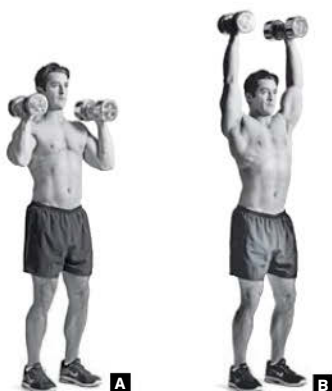
RESISTANCE BAND PUSHUP

Assume a pushup position with a resistance band stretched across your back and looped under each palm **A**. Lower your body until your chest nearly touches the floor **B**. Pause, and push yourself back up to the starting position as quickly as possible.



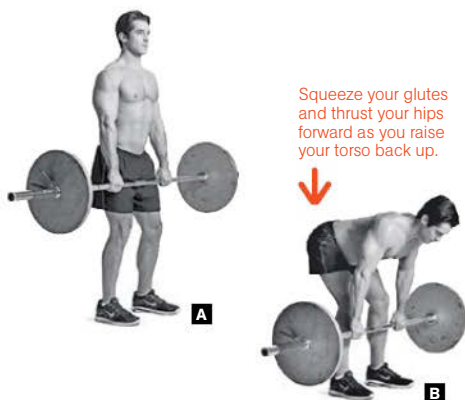
BARBELL SQUAT

Hold a barbell across your back using an overhand grip **A**. Keeping your chest up and your lower back naturally arched, push your hips back, bend your knees, and lower your body until your thighs are at least parallel to the floor **B**. Pause, and push back up to the starting position.



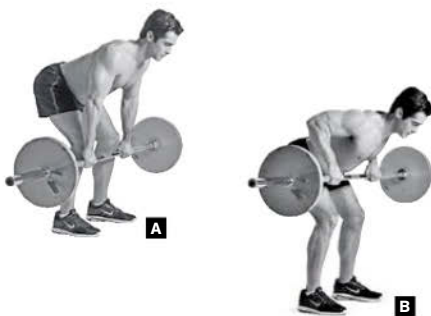
DUMBBELL SHOULDER PRESS

Stand holding a pair of dumbbells just outside your shoulders with your arms bent and your palms facing each other **A**. Press the weights upward until your arms are completely straight **B**. Slowly lower the dumbbells back to the starting position.



BARBELL STRAIGHT-LEG DEADLIFT

Grab a barbell using an overhand grip that's just beyond shoulder width, and hold it in front of your hips with your knees slightly bent **A**. Without changing the bend in your knees, lower your torso until it's nearly parallel to the floor **B**. Pause, and raise your torso back to the starting position.



BARBELL ROW

Grab a barbell using an overhand grip that's just beyond shoulder width, and hold it at arm's length. Bend at your hips and knees and lower your torso until it's nearly parallel to the floor **A**. Pull the bar to your upper abs **B**. Pause, and slowly lower the bar back to the starting position.



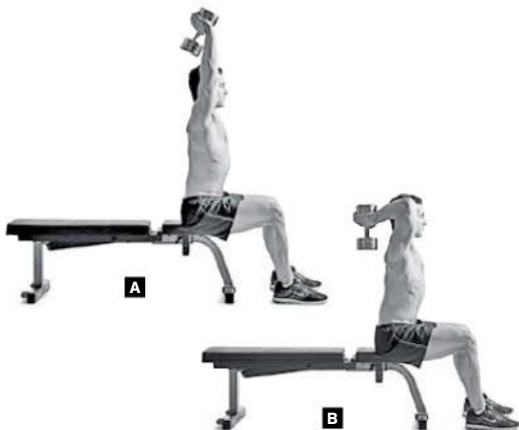
PULLUP

Hang from a chinup bar using an overhand grip that's slightly beyond shoulder width **A**. Pull your chest to the bar **B**. Once the top of your chest touches it, pause, and slowly lower yourself back to the starting position. (See page 144 for must-have tips to improve your form.)



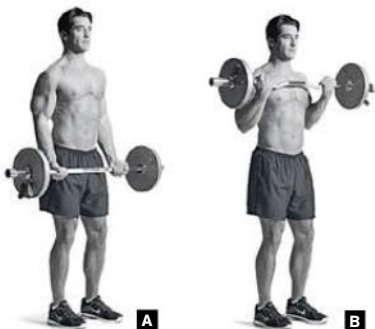
DUMBBELL INCLINE BENCH PRESS

Set an adjustable bench to an incline of slightly less than 45 degrees. Lie on your back and hold a pair of dumbbells straight above your shoulders using an overhand grip **A**. Lower the dumbbells to your chest **B**. Pause, and press them back up to the starting position.



SEATED DUMBBELL OVERHEAD TRICEPS EXTENSION

Sit upright on a flat bench cupping one end of a dumbbell in both hands above your head **A**. Without moving your upper arms, lower the dumbbell until your forearms are parallel to the floor **B**. Pause, and raise the dumbbell back to the starting position.



EZ-BAR CURL

Hold an EZ-curl bar in front of your waist using an underhand, shoulder-width grip with your palms slightly inward **A**. Without moving your upper arms, bend your elbows and curl the bar as close to your shoulders as you can **B**. Pause, and lower the weight back to the starting position.

PERFECT YOUR PULLUP

When it comes to building a V-shaped torso, few exercises compare to the pullup. "It rocks your entire upper body, including your lats, biceps, core, and middle and upper back," says John Romaniello, C.P.T., owner of Roman Fitness Systems in New York City. "It's also a true test of both absolute strength and relative strength—or how strong you are for your weight." Bottom line: A man who can bang out double-digit pullups is a man who not only looks good with his shirt off but also has the kind of strength that translates beyond the gym. Follow these tips to achieve perfect pullup form.



SQUEEZE YOUR SHOULDER BLADES TOGETHER

Most guys ignore their shoulders when they perform pullups. "That's a mistake," says Romaniello. "If you don't pull your shoulder blades back and down, you won't engage your stabilizer muscles, and that increases your risk of injury." Squeezing your shoulder blades together also better engages your lats, which are the primary targets of the exercise.



TIGHTEN UP

While you're at it, flex your glutes and hamstrings, two of the most important players in the powerful "posterior chain" of muscles that run along the back side of your body. "If your core and posterior chain are stable, you'll sway less, preventing energy leaks and boosting your pulling power," says Romaniello.



LIFT YOURSELF HIGHER

A better name for the pullup might be the chest-up, because your chest should touch the bar. Doing this increases the range of motion of the exercise, engaging more of the muscles that surround your shoulder blades, says Romaniello. Hit the mark more often by imagining you're pulling the bar to your chest instead of your chest to the bar.



RETURN TO A DEAD HANG

"People often use momentum from the last rep to propel themselves back up," says Romaniello. "That's cheating." Lower yourself until your arms are completely straight, and then hang like that for 2 seconds before starting your next rep. This increases the difficulty of the move—and its muscle-building potential.

**PROPER FORM
ENSURES YOU ARE
GETTING THE MOST
OUT OF YOUR
WORKOUT.**



Build Muscle All Day Long

18 ways to shed fat, sculpt muscle, accelerate recovery, and build strength beyond the gym. **BY MICHAEL EASTER**

S

URE, YOU WANT A BROADER CHEST and abs that whistle in the wind. Biceps that bulge through your shirtsleeves would be nice, too. But these aren't the only reasons you hit the gym. You also work out to burn off the double-patty burger you had for lunch (and to guard against tomorrow's pizza party). You might even believe that an hour of pushing weights makes up for eight spent sitting at a desk. And as long as you don't miss that hour each day, you will build a body that makes the doe-eyed barista downstairs take notice. ■ The reality: The rest of your day is just as important for building muscle. "The point of working out is to force your body to adapt," says Joe Dowdell, C.S.C.S., CEO of Peak Performance in New York City. "But those adaptations don't occur in the gym—they occur during all the hours you're not there." Build muscle on the 24-7 plan with these 18 tips.

ALL THE WORLD'S
A GYM: UPDATE YOUR
DAILY ROUTINES TO
LOSE FAT AND SCULPT
MUSCLE FASTER.



7 A.M.

Wake Up with Water

When you roll out of bed in the morning, chug 16 ounces of chilled H₂O—the volume in a typical consumer bottle—and you can raise your metabolism by 30 percent, according to scientists in Germany and Canada, with the fat-burning benefits lasting for up to 90 minutes.

7:30 A.M.

Rethink Your Cereal

In a study in *Nutrition Today*, only 55 percent of the tested cereals billed as “whole grain” were a “good source” of belly-filling fiber. “And most are high in sugar and low in protein,” says Mike Roussell, Ph.D., a Pennsylvania nutritionist. Try this 260-calorie fix instead: Mix ½ cup high-fiber cereal, a cup of low-fat Greek yogurt, and ½ cup of berries. “You’ll get 25 grams of protein and 16 grams of fiber,” says Roussell. You’ll feel full for hours.

8 A.M.

Beat the Traffic

If you commute less than 10 km to work, change your morning routine and bike or walk instead. Live too far away? Hop off the MRT/LRT early, or park farther from your building. “You could burn as many as 200 extra calories a day,” says Nick Tumminello, C.P.T., of Performance University. “It may not sound like much, but the calories add up quickly.” Or rather, they subtract quickly—about a pound of fat a month.

9 A.M.

Order a Grande Black

Adding cream, caramel, sugar, or other high-calorie condiments to your coffee is like chasing a salad with a candy bar. “Most fancy coffee drinks fall into the same



category as soda,” says Roussell, “and some even pack more than 600 calories.” So take yours black. You’ll not only save yourself a whipped cream doused caloric nightmare, but you’ll also earn extra man points. Drink a cup now, and have another before you work out. (More on that later.)

10 A.M.

Mobilize Your Shoulders

Bending over a keyboard can turn you into a hunchback. “Your muscles and tissues adapt to that position, reducing mobility and increasing your injury risk,” says Eric Cressey, C.S.C.S., of Cressey Performance. Your fix: Standing Ys. Face a wall and place your forearms against it, elbows tucked by your ribs. Slide your forearms up until they form a Y; then pull them backward, off the wall. Reverse to the starting position. That’s 1 rep. Do 10.

11 A.M.

Schedule Your Workouts

Program your daily sweat sessions into your calendar and set an alert. In a Clayton State University study, people who received workout reminders spent more time exercising each week than those who didn’t get the alerts. Plus, according to research from Tunisia, working out at the same time each day triggers hormonal adaptations that make you strongest at that point.

12 P.M.

Load Up on Protein

To build muscle, you need protein—ideally, 1 gram per pound of your target body weight per day. So make it the star of your lunch, says Roussell. Two good options: a grilled chicken breast (27 grams) or a 4-ounce steak (35 grams). Skip appetizers and extra sides—you’ll cut calories, not satisfaction.

1 P.M.

Dial Back the AC

Office temperatures below 22°C are productivity killers, say researchers at Cornell University. If you’re able to access the thermostat, keep it at 22°C. Otherwise, throw on a sweater. By staying comfortable, you’ll accomplish more work in less time—and be that much less likely to skip your workout later.

2 P.M.

Take a Nap

“Naps reduce the stress hormone cortisol and promote muscle-building growth hormone,” says W. Christopher Winter, M.D., *Men’s Health* U.S. sleep medicine advisor. “Taking a nap, even for just 15 minutes, creates an environment in your body that builds muscle and burns fat.” Maximize your time with a sleep aid app that can play ambient sounds to drown out noise and help you drift off faster.

3 P.M.

Mobilize Your Legs

“If you don’t take the time to work your hips, ankles, and glutes throughout the day, you’ll be too tight to lift properly when you hit the gym,” says Tumminello. To loosen up, squat until your glutes nearly touch your heels; grab the edge of your desk for balance. Hold that position for 45 seconds, and stand back up. Repeat three times.

4 P.M.

Grab Another Cup of Coffee

Drinking the equivalent of two cups of coffee (16 ounces) about an hour before you work out can help you lift more weight, a study in the *Journal of Strength and Conditioning Research* found. The reason: Caffeine blocks the signals of pain and fatigue that your muscles send to your brain. The result is a performance-boosting kick that will give you more energy to work harder.

5 P.M.

Skip the Painkiller

It's time to work out. But don't pop an ibuprofen to alleviate lingering soreness from yesterday's workout. You'll not only stall muscle growth by disrupting collagen production but also leave yourself vulnerable to gastrointestinal irritation—cramps, diarrhea, intestinal bleeding, and nausea. The better remedy: a postworkout massage.

6 P.M.

Hop Onto the Table

Try to fit in a professional rubdown; just 10 minutes can ease postexercise soreness and may speed recovery, say researchers in Canada. Too busy? Grab a foam roller and hit the floor. As little

as two minutes of rolling can increase your range of motion by 13 percent, another Canadian study found. Work your way up your body, giving each muscle group at least three or four rolls. For added benefits, use the foam roller before and after your sweat sessions.

7 P.M.

Chew Longer

"Fill your plate with lean meats, vegetables, and gluten-free starches like rice and potatoes," says Nate Miyaki, C.S.S.N., the author of *Intermittent Feast*. "It's a simple way to feed your muscles without packing on fat." And chewing each bite for 30 seconds can help reduce food cravings later on, a recent study in the journal *Appetite* found.

8 P.M.

Take In More Vitamin D

Men with higher blood levels of vitamin D tend to have stronger upper- and lower-body muscles than those with low levels, according to a study published in *Medicine & Science in Sports & Exercise*. That's because vitamin D acts as a hormone and may increase testosterone levels, the researchers say. Shoot for 600 IU of vitamin D a day.

9 P.M.

Record Your Progress

Men who keep a weight-loss journal at least 60 percent of the time are more likely to keep the weight off, according to researchers at the University of Pittsburgh. "And by keeping track of your workouts, you're also better able to gauge both your progress and the effectiveness of your exercise program," says Tumminello.

10 P.M.

Drink a Protein Shake

Knocking back 40 grams of protein before bed can boost muscle growth while you sleep by 23 percent, according to research in *Medicine & Science in Sports & Exercise*. "Look for powders high in casein, which digests slowly to provide a steady stream of protein," says Roussell.

11 P.M.

Kill the Lights

Go to sleep at the same time every single night. That includes weekends. Bedtime consistency is crucial for weight control, say researchers in Japan. "And failing to sleep at least eight hours a night slows your metabolism and increases your hunger throughout the day," says Dr. Winter.

MAXIMIZE YOUR GYM TIME **4 fast ways to streamline your workouts and reach your goals faster.**

RUN, THEN PUMP

Cardio and strength training can mix—unless you do cardio first. Running or biking before lifting fatigues muscles and can shave up to 2 reps off each set, say University of Memphis researchers.

PRIORITIZE YOUR LIFTS

The muscles you work first in a workout grow the strongest, say scientists in Brazil. "So hit your big ones with moves like deadlifts and rows," says Nick Tumminello, C.R.T., of Performance University.

DO BUILDUP SETS

Begin each exercise with 1 or 2 lighter sets to prime your muscles for action and jumpstart your nervous system, advises Tumminello. Use 50 to 75 percent of the weight you normally use.

PULL MORE WEIGHT

Many guys can push more than they can pull, setting the stage for injury. "Do two pulling exercises for every pressing one," says Tony Gentilcore, C.S.C.S., cofounder of Cressey Performance.

—M. E.

Faster, Higher, Stronger

Your body's sense of its position in space goes by a fancy word: proprioception. You can't live without it, much less catch a ball. Yet most men don't even know it exists. Harness the wild science of movement. **BY BILL GIFFORD**

F

OURTH QUARTER. DOWN BY TWO. THREE minutes and change left to play, but the end zone might as well be in the next state. The wide receiver sprints downfield, then cuts toward the left sideline as diagrammed. Someone's got to make a big play, he had told himself in the huddle. Why not me? ■ Peeking over his right shoulder, he sees the ball flying his way, perfectly thrown. He takes two more powerful strides before launching himself to meet it near the end of its 45-yard trajectory. The next half-second of his life will be very, very busy, and his brain has already raced ahead to anticipate the upcoming sequence. ■ His feet leave the ground as his eyes remain locked on the ball, ignoring the cornerback one step behind him and the safety closing fast to his right. He knows he can do this.

HONE YOUR
BODY'S SENSE
OF SPACE
TO SOAR TO
NEW HEIGHTS.



The ball dances in his fingers once, twice, before he can trap it between his palms. ■ Now comes the difficult part: For the catch to count, both feet have to land in bounds, and the ball has to stay caught—that is, within his control—until the play ends. But his head and shoulders are already out of bounds, and more than 400 pounds' worth of NFL defenders are about to knock the rest of him off the field. ■ Still airborne, he bites down on his mouth guard and closes his eyes, preparing for the hit. At the same time, he points his toes like a ballerina, reaching for the last green inch of turf. They touch, and crash to the ground.

The defending team's coaches whipsaw their arms to signal "incomplete," but Mario Manningham knows better. He's done this hundreds of times in games going back to the eighth grade, and thousands of times in practice. His body knows where the sideline is better than a preacher knows the Bible. The slow-motion replay confirms it: His toes touched just in bounds. The catch is good. The New York Giants are now 38 yards closer to the end zone, on their way to winning Super Bowl XLVI. The word "proprioception" didn't appear in the box score, but that's exactly what produced Manningham's miraculous catch.

■ **If you're sober and you know it, touch your nose. . .**

As a kid growing up in rough-and-tumble Warren, Ohio, Manningham didn't always have a pigskin to throw around. So, as children often do when they are low on supplies, he and his brother and their friends invented a game. It was kind of like football, only uphill and without a ball. "You had to get up to the top five times to win," says the receiver, who now plays for the San Francisco 49ers. "I was the smallest one, and I didn't want to be tackled."

A second game involved playing catch with a tennis ball instead of a football. There was another complication: The receiver had to keep his eyes closed until the ball was almost there. "A tennis ball looks like a penny against the sky," Manningham says. "It's so tiny." Miss the catch, and the ball pegs you in the face.

Manningham is convinced that those games—which he still plays in the off-season, on the same grassy hill, with the same old friends—made him a better wide receiver. They did that by training his proprioception, a word whose Latin roots mean "sense of self." Author and neurologist Oliver Sacks, M.D., has called proprioception a "sixth sense," one that's equal in importance to the other five.

"The term 'proprioception' encompasses a suite of skills," says Australian neuroscientist Simon Gandevia, M.D., Ph.D. "This includes judging joint angles and position, judging forces, and judging the interactions between different limbs." It's what allows you to find your nose with your fingertip, with your eyes closed, in a roadside sobriety test, and it's what enables an airborne receiver to catch a football with his hands while avoiding the sideline with his toes.

To gain a better handle on the concept, I phone Martin Rooney, P.T., C.S.C.S. His nationally licensed fitness program, Training for Warriors, has attracted NFL stars and MMA fighters as well as regular guys looking for an edge.

"Stand up," he commands.

I obey.

"Close your eyes." My suspicion that he's playing a joke is confirmed by his next request: "Now stand on one foot."

Pause.

"See what just happened?"

I had started swaying like I was on the deck of a ship in stormy seas. My ankle twitched, my arms flailed, my head spun, and after about 5 seconds I had to grab my desk to stay upright.

"In the absence of vision, you have to rely on the proprioceptive feedback from your body," he says. That comes from signals sent by receptors embedded throughout our muscles, joints, and connective tissues. And those receptors perceive things no eyeball ever did. "You start to go, 'whoa,' and you become completely reliant on what your body tells you about where it is." Or, in my case, what my body was *not* telling me.

"It has a role in athletic performance, in injury prevention, and in everyday life—everything you do," says Rooney. "Even just going up and down stairs." Yet most people don't even know it exists, even athletes in whom this sense is highly developed and honed.

"I looked it up," admits Chris Long, a defensive end for the St. Louis Rams who trains with Rooney. "It was, like, 'Yeah, that makes sense.' We practice it in training. The less you're thinking about the motion, the better and quicker your hands are. The more you think about where your hands need to go, the longer it

MAKE LIKE A
PRO AND
DISCOVER YOUR
PROPRIOCEPTION.



takes them to move there. It takes repetition for it to become effortless, and also thoughtless.”

■ The body's great multitasker

To understand how important proprioception is to everyday functioning, try to picture life without it. “I’d imagine that lack of proprioception would be like having 10 beers—timing and coordination all suffer,” says Andy Walshe, Ph.D., performance director for Red Bull’s global athlete development program.

Actually, it’s worse than that, as Ian Waterman learned. Waterman was 19 and working in a butcher’s shop in England when he came down with a stomach bug—hardly an unusual occurrence. But eventually he lost sensation on his skin and was unable to make any voluntary movements at all.

It seemed to be a nerve disorder, but he wasn’t paralyzed. He could sense heat and cold, and he could even move.

He just couldn’t control his movements. If he tried to reach for a glass of water, he was just as likely to smack the table. He was trapped in his hospital bed like a slab of meat for several months as he was moved from facility to facility, in a deep depression.

A physician, Jonathan Cole, D.M., finally figured it out: Waterman had contracted a viral infection, probably from a cut, and the antibodies he produced had attacked his nerves—but didn’t kill them all off. The damage centered on touch receptors and muscle spindles, which are the nerve fibers in your muscles that tell your brain what a particular muscle is doing and therefore whether the joint it’s attached to is straight, bent, or in motion.

That made Waterman’s case one of the few in medical history

of someone with a total loss of touch and proprioception. “Much of what proprioception does we are unaware of,” Cole says.

Waterman’s doctors had told him he’d never walk again, but he didn’t accept the prognosis. He first forced himself to sit up in bed. Then he taught himself to walk.

It took total concentration. “Initially, if he sneezed, he would fall over because for a fraction of a second he wasn’t thinking about standing up,” says Cole, who wrote a book about Waterman titled *Pride and a Daily Marathon*. That title refers to the huge effort required for Waterman to do the things the rest of us manage without effort. He has to stare at a limb and “will” it to move for anything to happen.

“Athletes will train and train and train for competitions, and that’s their peak, that’s what they strive for,” Waterman says. “I work at my peak every day. There’s no leeway.” Now in his 60s, he lives and moves normally.

■ How you can build your proprioception

That brings us to the big question: Will improving your proprioception make you a better runner, lifter, or athlete? Will it help you avoid some of life’s small indignities, like knocking over a wine glass at dinner or banging your knee when walking through a dark room?

Many trainers would answer that question with an emphatic “yes,” but some scientists still want more proof. “We don’t know for sure yet,” admits William Ogard, Ph.D., P.T., an assistant professor of physical therapy at the University of Alabama at Birmingham. “We don’t know how to measure it in effective ways,” he says. (The white coats can’t measure muscle spindle activity yet.) Typically, lab tests involve

isolating one joint and moving it mechanically until motion is detected. The increments seem tiny. Still, Ogard notes that active people do better on these tests than sedentary people.

One reason to work on your proprioception is to prevent injury. Tears, sprains, and breaks are most often caused by movement errors. An ankle sprain, for example, is typically the result of an awkward landing. Training your proprioception—by stimulating both your receptors and your brain—could, in theory, help you prevent your first injury. And because past injury is a predictor of future injury you’re helping yourself prevent any subsequent ones.

Less theoretical is the practice of proprioceptive training to prevent recurring injuries. For example, a study in the *British Medical Journal* looked at athletes who’d suffered an ankle sprain. Those who did single-leg balance drills with their eyes closed three times a week for 8 weeks had a 35 percent lower risk of another sprain in the following year. Training with your eyes closed is the key. “I compare it to low-speed endurance training versus high-speed interval training” says study author Evert Verhagen, Ph.D. “Both increase fitness but interval training will achieve faster results as your system is challenged more.”

An open question, however, is whether these balance exercises truly train proprioception. “These are really neuromuscular training activities that necessarily utilize proprioceptive information at some level to improve performance, not proprioception per se,” says Ogard.

To you and me, it’s a distinction without a difference: An upgrade is an upgrade. Activities that

HOW PROPRIOCEPTION WORKS

Your spatial awareness hums in the background, much like a computer's operating system, says Takashi Nagai, Ph.D., A.T.C., an instructor at the University of Pittsburgh's neuromuscular research lab. Here's how it works. —LILA BATTIS

NEUROMUSCULAR CONTROL

Visual, balance, and proprioceptive data constantly travels to and from the movement-controlling parts of your brain to sensors around your body. The information flashes back and forth in intervals as brief as 0.004 second. At the same time, your brain cross-checks the information—ensuring that the movement anticipated matches up with the movement you actually make—and adjusts on the fly.

SENSORY INTEGRATION

Proprioceptive signals from all over your body travel to your spinal cord. From there they go to your upper and lower nervous systems. This ensures that every part of your network knows what's going on.

SOMATOSENSORY SYSTEM

This network reaches across your whole body and carries a range of sensory data, including space and positioning info. It's constantly buzzing, as signals sent by receptors in your skin, muscles, and joints travel to your spinal cord and then to your brain.

NERVE ENDINGS

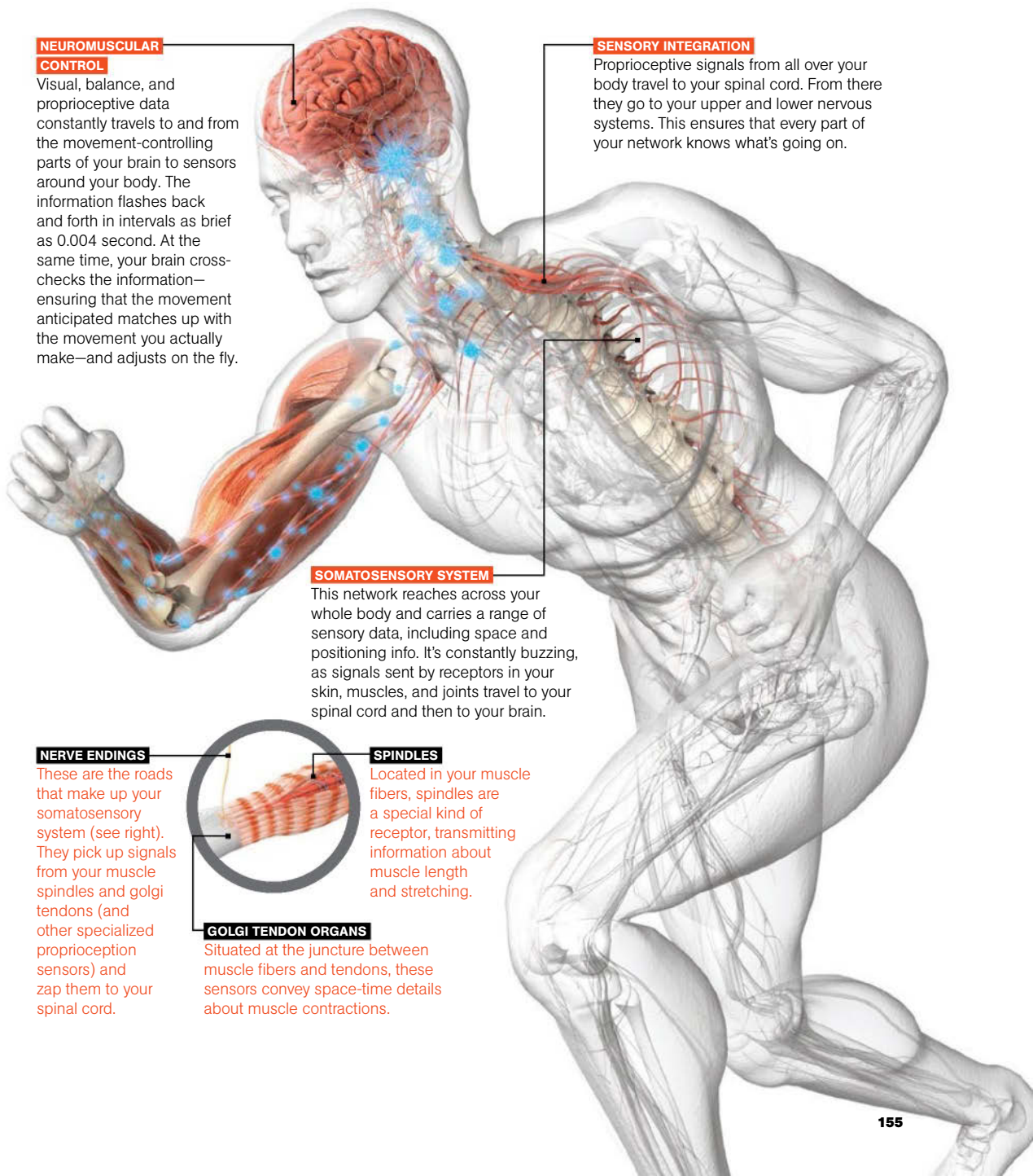
These are the roads that make up your somatosensory system (see right). They pick up signals from your muscle spindles and golgi tendons (and other specialized proprioception sensors) and zap them to your spinal cord.

SPINDLES

Located in your muscle fibers, spindles are a special kind of receptor, transmitting information about muscle length and stretching.

GOLGI TENDON ORGANS

Situated at the juncture between muscle fibers and tendons, these sensors convey space-time details about muscle contractions.



improve balance (such as single-leg drills or walking on a slackline) train the brain to respond better to proprioceptive feedback. A German study showed that just two sessions of balance training caused the brain to develop new gray and white matter. Over the course of 6 weeks, scans showed that balance training created a combination of transient and permanent brain adaptations.

■ Putting proprioception into practice

With the aim of increasing my own gray and white matter, I head to Park City, Utah, to turn myself into a crash-test dummy for the cause of proprioception. If Ian Waterman could teach himself to walk, I reasoned, I ought to be able to learn a simple ski trick or two. “I’m a firm believer that you can teach yourself these things,” says my instructor, Matt Christensen. The former head coach of the U.S. freestyle aerial team, Christensen works with Walshe at Red Bull to train athletes who specialize in spinning through the air on skis, snowboards, surfboards, and motorcycles. “I’ve seen athletes without a lot of talent, and they just work hard and teach themselves.”

Athletes without a lot of talent: That’d be me. Though I’ve skied since I was 7 years old, I’m now 45, which is 107 in terrain-park years. Nevertheless, I’ve long harbored an irrational desire to throw a simple 360 on skis, a maneuver that could easily land me in the ER.

Christensen has me start in the U.S. Ski Team’s training facility, which contains an array of trampolines capable of launching a person 30 feet in the air. I start on one of the smaller tramps, bouncing gently, gradually working up to a midair rotation. Per his advice, I try spotting

landmarks as I spin—a climbing rope hanging from the ceiling, a vending machine in one corner. It works, and I feel cool.

“I teach my athletes to slow things down in the air, and really see things,” he explains. “Even if you’re only airborne for a second, I want it to feel like twice that long.” That involves drills like jumps, fast spins, and somersaults.

Next we drive over to the ski team’s outdoor jumping facility on a hill outside town. Built to train aerial athletes, it consists of a series of even bigger and scarier AstroTurf ramps that launch skiers into an enormous 10-foot-deep pool. Actual Olympic athletes rocket into the air, performing mind-boggling combinations of flips and twists. I know immediately that both of us are in for a painful afternoon—Christensen because he’s used to coaching Olympic medalists, and me because 45-year-olds aren’t supposed to fly off ski jumps, spin around, and crash into water, over and over, in an attempt to live out a childhood fantasy.

Shrugging off initial concerns, I pull on ski boots, helmet, wetsuit, and life vest, and climb to the top of the smallest ramp, which is still a good 5 feet off the water. It’s way bigger than anything I’d ever try on snow.

As I wait, I can’t decide whether I should be stoked or embarrassed; I’m three decades older and a foot taller than everyone else on the ramp. Baby steps, I tell myself. Secretly I envy the kids, who are participating in a freestyle ski-jumping camp, because they’re learning these things at ages 7 to 14. That’s the time of life when neurologists say we are best at picking up new movements.

After a few practice jumps, it’s time to try the 360. I zoom down

the ramp, pop off the lip, and spin my head, looking for landmarks. My 360 splashes down at 180, with me facing the ramp I’d just jumped off. Less than stellar. On snow, that half turn would’ve put me in the hospital, which might have been a relief. In water, I could try it again and again.

The next time, I make it to 9 o’clock, three-quarters of the way around. And I stay stuck at 9 o’clock for the next dozen attempts, until one glorious jump when I make it to 11—almost, but not quite, the 360 of my dreams. I’m exhausted, battered, grumpy and cold. Proprioception declines when muscles are fatigued, and our form predictably falls apart. With my proprioceptors all but shut down, I clamber out of the pool and stalk off to go drink an angry beer.

The following morning I wake up feeling like I tried to wrestle a women’s hockey team and lost. Christensen and I head for the ramps again, this time to watch others do what I couldn’t. We watch a world-class Australian mogul skier go off the intermediate ramp. Her 360 looks amazing to me, with her body ramrod-straight as her skis whip around everytime. “No, no, she’s messing up,” Christensen says. “Look how her feet are landing. On snow, that’s a face plant.” What’s more, she’s probably been working on the move for years. “Even when you’re teaching high-level athletes, it takes months to learn a new skill,” he says. “It’s repetition.”

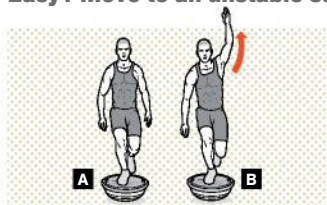
In other words, proprioception is not a “thing” that you learn once and forget; it’s a sense that has to be cultivated and then maintained daily, even by top athletes. Although I suspect Mario Manningham would have nailed that jump on the first try.

PROPRIOCEPTION
ENSURES AIRBORNE
AGILITY.



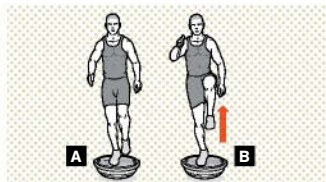
TRAIN YOUR BRAIN TO PROTECT YOUR ANKLES

Balance drills not only improve your ankle stability but can also rewire your brain, according to new research. Do these moves shoeless three times a week, says Jordan Metzl, M.D., M.H. U.S. sports-medicine advisor. When you can do them without swaying, close your eyes. Easy? Move to an unstable surface—a Bosu ball, for example. Ace that? Eyes closed.



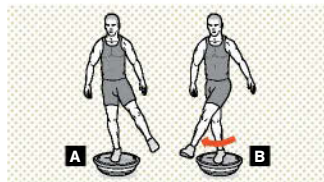
1/ SINGLE-LEG KNEE FLEXION

Stand on your right foot with your left leg raised behind you. Squat until the angle between your right thigh and calf reaches 110 degrees **A**, and then raise your left arm to counterbalance **B**. Do 3 reps per leg.



2/ RUNNER'S POSE

Raise your left leg, with the knee bent and your thigh parallel to the floor **A**. Now raise your right arm with the elbow bent, as if you're sprinting **B**. Hold for 8 seconds, then switch legs and repeat. Do 10 to 12 reps per leg.



3/ CROSS-BODY LEG SWING

Raise your left leg and swing it to your left **A**. Then, keeping it straight, swing it across your torso to the right, pointing your toes upward at the farthest point **B**. Then swing it back and switch legs. Do 10 reps per leg.

HOTWIRE YOUR WORKOUTS

You don't have to take time from your workouts to train proprioception. With tweaks to classic exercises, you can sharpen your sixth sense while building strength and agility, says Martin Rooney, P.T., C.S.C.S., who designed this routine.



WARM UP

Foam-roll your lower-body muscles: It stimulates your proprioceptors.



DEVELOP REACTIVITY

- 1** With both feet together, hop forward and back 10 times. Now hop 10 times on one foot and then 10 on the other.
- 2** Hop to the side and back: 10 times with your right foot, 10 with your left.



TRAIN FOR STRENGTH

Do 4 sets of 8 reps of each exercise with each leg and/or arm. Use your own body weight; add dumbbells for a challenge. Do the exercises in sequence, rest 2 minutes, and repeat.

1 STEPUP

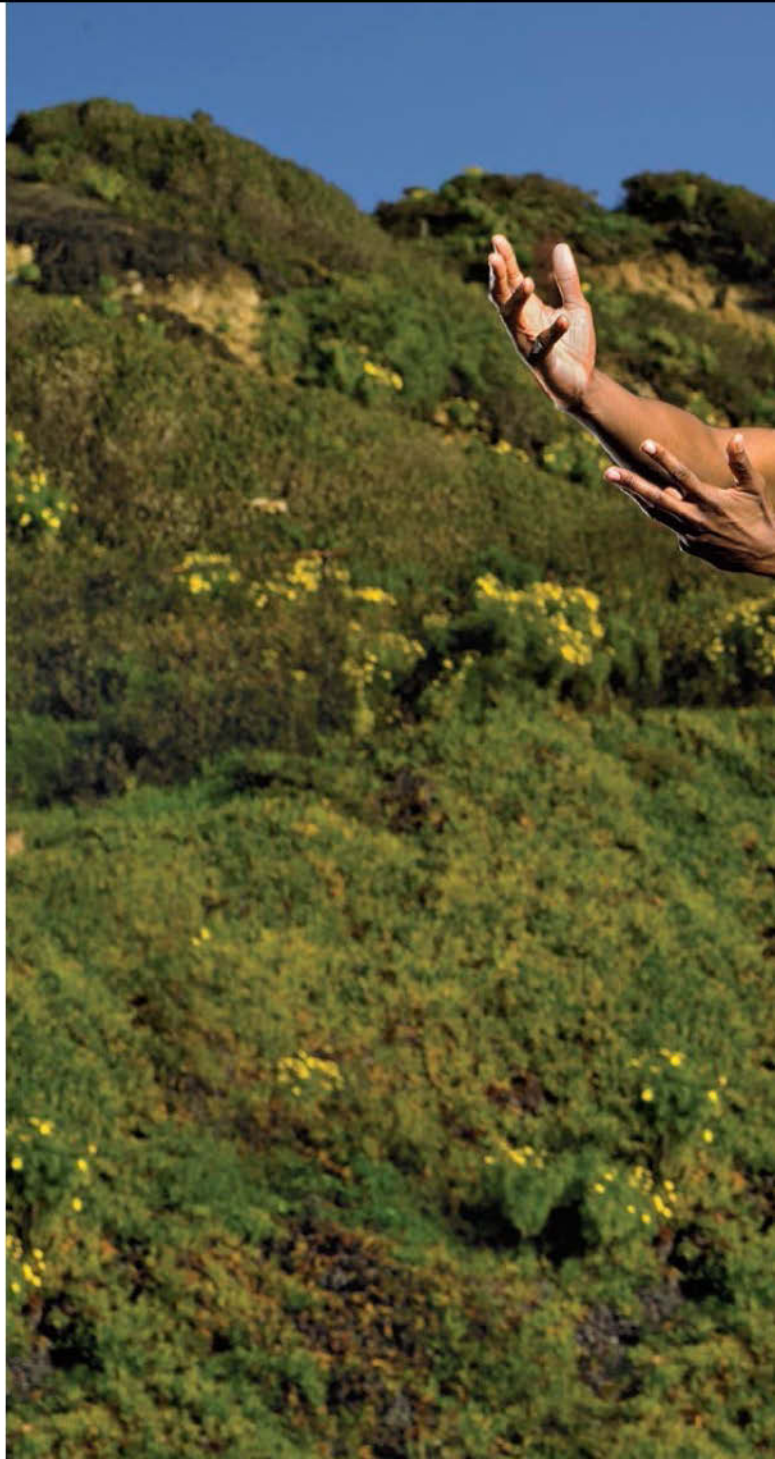
Place your left foot on a 12-inch step and push down, lifting your body as fast as possible. Lower your right foot to the floor, taking 3 to 5 seconds.

2 LUNGE

Stand with your feet hip-width apart. Lunge forward with your left leg. Keeping your eyes closed, hold the bottom position for 3 to 5 seconds. Push back to the starting position, and repeat with your right leg. For the next set, step back into a reverse lunge. Do lateral lunges in the third set and diagonal lunges in the fourth.

3 PUSHUP

Do a standard pushup, but at the top, lift your right leg and left arm, keeping both straight. Hold for 3 to 5 seconds with your eyes closed. Raise your left leg and right arm on the next rep, and continue alternating.





YOUR "SIXTH
SENSE" WILL
INCREASE YOUR
PRECISION AND
COORDINATION.

100 Tips That Really Work

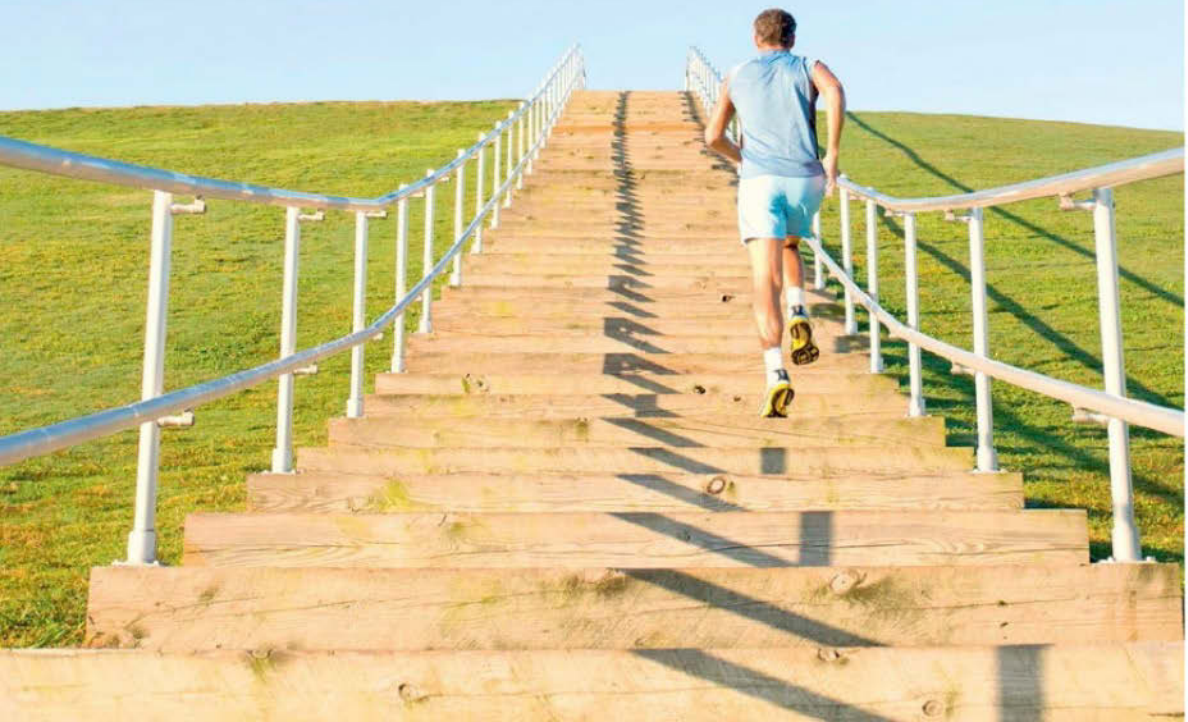
These simple ideas from top trainers, athletes, and fitness experts will get you the results you're gunning for. **BY ADAM CAMPBELL**

A

GREAT TIP IS AN AWESOME THING.

An undiscovered restaurant, a sleeper stock, or free parking close to your office: It's this kind of savvy inside info that imbues a man with confidence. Control. Strength. ■ Knowledge is power, baby. ■ It's also the secret to a powerful body, as you're about to find out. In our never-ending mission to get you in the greatest shape of your life, we've grilled the world's top experts, combed our own archives, even eavesdropped on some conversations to find 100 perfect fitness tips—small gems that will make a huge difference in any man's life. ■ Whether you are trying to improve your swing on the golf course or the baseball diamond, lift more weight, or get primed for a big race, these tips are just the inside info you need to be at the top of your game. Get ready because you're about to feel the power of the pros—and have the body to show for it.

OUR PROS GIVE
YOU THE TIPS YOU
NEED TO CLIMB
TO NEW HEIGHTS.



1

BUILD BETTER ABS

► Don't work your abdominal muscles every day. "Your abs are just like any other muscle in your body," says David Pearson, Ph.D., C.S.C.S., an exercise scientist at Ball State University. Train them only 2 or 3 days a week.

2

PROTECT YOUR NECK

► Put your tongue on the roof of your mouth when you do crunches. "It will help align your head properly, which helps reduce neck strain," says Michael Mejia, C.S.C.S., a *Men's Health* exercise advisor.

3

KEEP MUSCLES LIMBER

► If you're under 40, hold your stretches for 30 seconds. If you're over 40, hold them for 60 seconds. As you age, your muscles become less pliable, so you to need to stretch them longer.

4

DON'T DROP THE BALL

To catch a pop fly in the sun, use your glove to shade your eyes. It's bigger than your free hand and puts the leather in perfect position to snag the ball.

5

GROW MUSCLE, SAVE TIME

► Keep your weight workouts under an hour. After 60 minutes, your body starts producing more of the stress hormone cortisol, which can have a testosterone-blocking, muscle-wasting effect.

6

EXERCISE IN ORDER

► Use dumbbells, barbells, and machines—in that order. "The smaller, stabilizer muscles you use with dumbbells fatigue before your larger muscle groups," says Charles Staley, a strength coach in Las Vegas. So progress to machines which require less help from your smaller muscles, as you grow tired.

7

TEST THE BENCH

► Press your thumb into the bench before lifting. "If you can feel

the wood, find another bench," says Ken Kinakin, a chiropractor in Canada and founder of the Society of Weight-Training Injury Specialists. Hard benches can cause T4 syndrome—a misalignment of your thoracic spine that affects the nerve function of your arm, weakening it.

8

BUY SHOES THAT FIT

■ **SHOP FOR WORKOUT SHOES LATE IN THE DAY. THAT'S WHEN YOUR FEET ARE THE LARGEST.**

■ **MAKE SURE THERE'S A HALF INCH OF SPACE IN FRONT OF YOUR LONGEST TOE, AND THAT YOU CAN EASILY WIGGLE YOUR TOES.**

■ **THEN SLIP OFF THE SHOES AND COMPARE THEM WITH YOUR BARE FEET.**

■ **IF EACH SHOE ISN'T OBVIOUSLY WIDER AND LONGER THAN YOUR FOOT, GO HALF A SIZE BIGGER.**

9

STRENGTHEN YOUR CORE

► Don't be afraid of situps. We've changed our tune on these, and here's why: Situps increase your range of motion, which makes your abdominals work harder and longer. (Doing crunches on a Swiss ball or with

a rolled-up towel under your lower back has a similar effect.) Just avoid situps with anchored feet, which can hurt your lower back.

10

SWIM FASTER

► To build speed in swimming, develop your ankle flexibility.

Flexible feet will act like flippers and propel you faster through the water. To increase your flipper flex, do this: Sit on the floor with your shoes off. Extend your legs in front of you, heels on the floor. Point your toes straight out as far as possible, then flex them toward your shins as far as you can. Repeat for 1 minute.

11

KILL YOUR EXCUSE

► If you think you're too busy to exercise, try this: One day, schedule a time to work out, and then stick to it—even if it's only for 10 minutes. "At the end of the day, ask yourself if you were any less productive," says John Jakicic, Ph.D., a professor at the University of Pittsburgh, Department of Health and Physical Activity. The answer will probably be no.

12

HELP YOUR FOREHAND

► To build forearm strength for tennis and badminton, crumple newspaper: Lay a sheet on a flat surface. Start at one corner and crumple it into a ball with your dominant hand for 30 seconds. Repeat with your other hand.

13

MUSCLE UP YOUR BACK

► When doing lat pulldowns, don't wrap your thumb around the bar. Instead, place it on top, alongside your index finger. This decreases the involvement of your arm muscles, so you'll work your back harder. Works for pullups, too.

14

DRINK A PINT, GET RIPPED

If you're a beginner, train to failure—the point at which you absolutely can't do another repetition—then throw back a pint. In a new study, beginners who trained to failure with three sets of six exercises per day then drank a supplement immediately afterward gained over 5 pounds of muscle in just 8 weeks. A pint of 1 percent chocolate milk will provide all the nutrients you need to achieve the same result.

15

CUT PAIN, INCREASE GAIN

► Count your repetitions backward. When you near the end of the set, you'll think about how many you have left instead of how many you've done.

16

TURN HEADS WITH YOUR LEGS

► Do standing and seated calf raises. You'll get better results. "Your calves are made up of two different muscles, so you have to do the straight-leg and the bent-leg versions of the exercise to hit them both," says Mejia.

17

KILL THE PILL

► Don't bother with postworkout pain relievers. Researchers

at the University of Arkansas for Medical Sciences found that ibuprofen (Advil, Alaxan) and paracetamol (Biogesic) were no more effective than a placebo in relieving post-exercise muscle soreness. They say the drugs may suppress muscle growth when taken after a workout.

18

LOSE YOUR WEAK SPOT

IF YOU DON'T LIKE AN EXERCISE, START DOING IT. "YOU'RE PROBABLY AVOIDING IT BECAUSE YOU'RE WEAK AT IT," SAYS MEJIA.

19

OVERCOME INJURIES, BUILD BIG ARMS

► If you hurt your right arm, don't stop exercising your left

arm. University of Oklahoma researchers found that people who trained only one arm for 2 weeks managed to increase arm strength in their non-exercising arm up to 10 percent. The reason: Working one arm stimulates the muscle nerve fibers in both.

20

KEEP YOUR STATS, SEE AMAZING RESULTS

► Test yourself often. Every 4 weeks, measure a variable—waist size, body fat, bench press—that equates to your end goal. "It'll show you the tangible results of your training," says Craig Ballantyne, C.S.C.S., a trainer in Canada. And that is motivation.

21

PUTT LIKE A PRO

► To hone your ability to judge speed and line, and improve your putting, roll a golf ball. Just toss it by hand on the floor and try to make it stop at a target.

22

BLOW OFF YOUR BELLY

► Exhale forcefully at the top of the movement when you do abdominal crunches. It forces your abs to work harder.

23

BUILD BIG BICEPS

► To work your bicep harder, bend your wrist backward slightly—and hold it that way—while you do arm curls.

24

HEAL FASTER

► Don't exercise when you're sick—unless your symptoms are above the neck. And even then you might do better taking a day off. "Your body will use its resources to heal itself, not build muscle and endurance," says Alwyn Cosgrove, C.S.C.S., a trainer in Santa Clarita, California.

25

PICK UP YOUR PACE

► Increase the speed of your running strides—not their length—to get faster. Your foot should always land under your body, rather than out in front of it, and you should push off with the toes of your rear leg for propulsion.

26

DRESS BETTER

► Buy only workout clothes that are black, white, or gray. They'll go with everything, and you'll never again waste time looking for a T-shirt that matches your gold-and-purple Lakers shorts.

27

DITCH THE WEIGHT BELT

► Don't train with a weight belt. Over time, regular training in a weight belt actually weakens your abdominal and lower-back muscles. Wear it only when attempting maximal lifts in such exercises as squats, deadlifts, and overhead presses.

28

IMPROVE QUICKNESS

FOR FASTER FOOT SPEED IN SPORTS, TRY THIS MOVE:

- **START WITH YOUR FEET HIP-WIDTH APART AND YOUR HANDS AT YOUR SIDES.**
- **LIFT YOUR LEFT FOOT IN FRONT OF YOU, TOUCH IT WITH YOUR RIGHT HAND, AND LOWER IT TO THE FLOOR.**
- **LIFT YOUR RIGHT FOOT, TOUCH IT WITH YOUR LEFT HAND, AND LOWER IT.**
- **THEN TOUCH YOUR LEFT FOOT BEHIND YOU WITH YOUR RIGHT HAND, THEN YOUR RIGHT FOOT BEHIND YOU WITH YOUR LEFT HAND.**
- **GO FOR 20 SECONDS AT A TIME, MOVING AS FAST AS YOU CAN, AND REPEAT FOR A TOTAL OF THREE TO FIVE SETS.**

29

STRETCH FOR STRENGTH

► Between sets, take 20 to 30 seconds to stretch the muscle you just worked. Boston researchers found that men who did this increased their strength by 20 percent.

30

RIDE MORE EFFICIENTLY

► Practice cycling one-legged to ride more efficiently. This forces you to concentrate on pulling up at the bottom of the stroke, which better distributes the work among the major leg muscles. Lock both feet on your pedals,

but let your left leg go limp while you do all the work with your right leg. Do this for 30 seconds, then switch legs. Ride normally for 5 minutes, then repeat the drill. Continue this way for a 20- to 30-minute workout.

31

REPAIR MUSCLE FASTER

► Recover faster from a hard workout by lightly exercising the same muscles the following day. Use a light weight—about 20 percent of the weight you can lift one time—and do two sets of 25 repetitions. This will deliver more blood and nutrients into your muscles so they repair faster.

32

**PAY NOW,
BUILD LATER**

**PAY YOUR
TRAINER
IN ADVANCE.
“YOU’LL BE
MORE LIKELY
TO FOLLOW
THROUGH ON
EXERCISE
SESSIONS,”
SAYS MEJIA.**

33

GET HOME-RUN POWER

► To hit more home runs, swing with a slight uppercut at high pitches. The high swing utilizes your powerful hip and midsection muscles instead of just your hands and arms.

34

SAVE TIME IN THE GYM

► Don’t worry about fixed rest periods between sets. Instead, rest as you need it—less in your early sets when your muscles are fresh, and more as they become fatigued. “You’ll cut your workout time between 15 and 20 percent,” says Staley.

35

SHAKE A DEFENDER

► To come open for a pass in football, run near enough to your defender that you can shake his hand. The closer you get, the easier it’ll be to blow past him. As you close in on him, shorten your strides without slowing down—it’ll help you cut faster.

36

STAY IN THE SADDLE

► When you cycle, keep your pace between 80 and 110 rpm. You’ll ride farther and faster without causing unnesecary fatigue and knee strain. To gauge your pace, count how many times your right leg comes to the top of the pedal stroke in 10 seconds, then multiply that number by 6. The result is your pedal rpms.

37

EAT MEAT AND GROW

Eat meat—4 to 8 ounces every day—to grow more muscle. A study reported in the *American Journal of Clinical Nutrition* compared two groups of older male weight lifters: One group ate meat, the other didn’t. Both groups grew stronger, but only the carnivores gained significant muscle. Chicken, turkey, and fish count, too.

38

FLATTEN YOUR GUT

Work your invisible abdominal muscles. Your transversus abdominis lies beneath your rectus abdominis—the six-pack muscle—and flattens your waistline when you suck in your gut. Work it with the vacuum: Pull your belly button toward your spine and hold for 10 seconds while breathing normally. Repeat five times.

39

GET A BETTER HANDLE

► To improve your ball-handling skills on the basketball court, take some time to practice dribbling while wearing leather or canvas work gloves. This will help to improve the sensitivity of your fingertips, so you’ll have better ball control when the gloves come off. Jason Williams, former guard for the Memphis Grizzlies, credits his ball-handling mastery to this training method.

40

**SAVE YOUR
SHOULDERS**

DECREASE THE WEIGHT BY 10 PERCENT WHEN YOU CHANGE YOUR GRIP. SO IF YOU’VE BEEN BENCH PRESSING 135 POUNDS FOR 10 REPETITIONS WITH A MEDIUM GRIP, DROP TO 120 POUNDS WHEN YOU SWITCH TO A WIDE GRIP. “YOU’LL BE STRESSING YOUR JOINTS AND MUSCLES IN A DIFFERENT WAY THAN THEY’RE USED TO, WHICH CAN CAUSE INJURY,” SAYS KINAKIN.

41

CLIMB LIKE SPIDERMAN

For rock or wall climbing, buy shoes that fit your bare feet so tightly you can stand but not walk comfortably. They'll give you optimal control, and you'll be better able to use your legs—the key to successful climbing.

42

BUILD ARMS FASTER

► Work opposing muscle groups—your biceps and triceps, for instance—back-to-back for a faster workout. “While one muscle is working, the other is forced to rest,” says Staley. You won’t need as much time between sets.

43

IMPROVE BALANCE

► Use a sofa cushion to improve your balance. Stand one-legged on the cushion and move a medicine ball (or a 1-gallon milk jug or heavy phone book) from hand to hand, side to side, and behind your head. Once you’ve mastered the move, try it with your eyes closed. “You’ll improve your balance, coordination, and body control,” says Greg Brittenham, director of athletic performance for the basketball program at Wake Forest University.

44

SEE BALL, HIT BALL

► Play better tennis by training your eyes to focus faster. You’ll hit more winners by learning to change your visual focus from distance, when your opponent is hitting the ball, to close up, when you’re hitting it. Try this drill while riding in a car: Focus on an object about a tennis-court length away. Then quickly shift focus to a closer object.

45

DOUBLE DIP BENEFITS

► Do dips with your elbows in and your body straight to work your triceps. But lean forward and flare them out to focus on your chest. Perfect form is key to ward off injury.

46

MAKE MORE CONTACT

PLAY FOOSBALL TO BECOME A BETTER SOFTBALL HITTER. IT IMPROVES HAND-EYE COORDINATION.

47

RUN INJURY-FREE

► One week out of every six, cut your weekly training mileage and frequency in half. You’ll give your body a better chance to recover, and you’ll avoid permanent, nagging injuries.

48

BENCH MORE NOW

► Look at your dominant hand—without turning your head—while you’re bench-pressing. “You’ll be able to lift more weight,” says Staley.

49

DO MORE CHINUPS

DON'T THINK
ABOUT PULLING
YOURSELF UP
WHEN YOU
DO CHINUPS.
INSTEAD,
IMAGINE
PULLING
YOUR ELBOWS
DOWN.
THE EXERCISE
WILL SEEM
EASIER.

50

BUILD MUSCLE FASTER

► Do the same amount of exercise in 10 percent less time. It forces your muscles to work harder and improves your endurance at the same time. If it takes you 30 minutes to do a full-body workout on Monday, try to do it in 27 minutes on Wednesday.

51

SLASH YOUR GOLF SCORE

► When you’re putting, aim high on breaks. “Whatever you think the break is, double it and you’ll come much closer to being correct,” says Dave Pelz, author of *Dave Pelz’ Putting Bible* and a consultant to dozens of PGA pros.

52

RUN HILLS FASTER

► When running uphill, keep your head up and your eyes focused on the top of the hill. This opens your airways, making it easier to breathe than if your upper body were hunched forward.

53

MULTIPLY YOUR MUSCLES

FOLLOW THIS SIMPLE FORMULA TO BUILD MORE MUSCLE:

- **MULTIPLY THE AMOUNT OF WEIGHT YOU LIFT FOR A PARTICULAR EXERCISE BY THE TOTAL NUMBER OF TIMES YOU LIFT IT.**
- **TRY TO INCREASE THAT NUMBER EVERY WORKOUT BY LIFTING HEAVIER WEIGHTS, INCREASING YOUR REPETITIONS, OR DOING MORE SETS.**

54

RECOVER FASTER

▶ When you're recovering from a muscle injury, begin exercising again as soon as you can. Try a few minutes at low intensity to

test yourself. Go slowly—no explosive movements. If you experience pain, stop immediately. Afterward, ice the area for 20 minutes and exercise again the next day. You should be able to go a little harder and longer each workout.

55

DRINK UP, GET LEAN

▶ Drink low-fat milk. Scientists in Canada found that people who consumed more than 600 milligrams of calcium a day—roughly the amount in 2 cups of milk, a cup of broccoli, and a half cup of cottage cheese—had lower body fat than those who consumed less than 600 milligrams a day.

56

MANAGE YOUR MIDDLE

▶ Do your ab exercises at the beginning of your workout if you can't pass this test: Sit with your feet flat on the floor and your legs bent—as if you had just performed a situp. Then place your fingers behind your ears with your elbows pulled back. Lower yourself to the floor as slowly as possible. "If it doesn't

take at least 5 seconds, you need to prioritize your abdominal training," says the Australian strength coach Ian King.

57

BE MORE FLEXIBLE

Spend twice as much time stretching your tight muscles as your flexible muscles. "Focus on problem areas instead of muscles that are already flexible," says Bill Bandy, Ph.D., a professor of physical therapy at the University of Central Arkansas. Typical problem areas for men: hamstrings, shoulders, and lower back.

58

WIN A MARATHON

▶ To build speed and endurance, train like a Kenyan: Go slowly for the first third of your run, at a normal pace in the middle third, and at a faster-than-normal pace at the end. Gradually increase your starting pace each week, and you'll increase your normal and fast paces, too.

59

OUTDRIVE YOUR PALS

▶ To hit a golf ball farther on the course, take some practice swings from the opposite side. This will strengthen and balance your muscles, which may help you clear that water hazard. Do a few opposite swings on the first three or four holes, or for a minute at the driving range.

60

REACH YOUR GOALS

SET YOUR GOALS IN REVERSE. THAT IS, PICK A DATE OF COMPLETION AND WORK BACKWARD, WRITING DOWN SHORT-TERM GOALS AS YOU GO. "THE GOALS THEN SEEM MORE LIKE DEADLINES," SAYS BALLANTYNE.

61

SIT BACK, SQUAT MORE

► Use a bench to squat with perfect form. That is, stand in front of the bench when you squat. Lower yourself as if you were sitting down. When your butt touches the bench, push yourself back up. Try it with a light bar or Try it with a light bar or

62

GET STRONGER LEGS

► Do lunges in reverse. This forces your front leg to work throughout the entire exercise. Use the same movement pattern as in a traditional lunge, but step backward instead of forward. Just be sure that your kneecaps never pass your ankles.

63

SHAKE YOUR MUSCLES

Eat immediately after your workout. A 12-week study conducted by Danish researchers found that older men who drank a shake with 10 grams of protein, 7 grams of carbohydrate, and 3 grams of fat (about the same as in a cup of milk) within 5 minutes after their weight workout gained muscle, but men who consumed the drink 2 hours later did not. For a serious postworkout muscle-building shake, try this formula from Thomas Incledon, M.S., R.D.: Blend a half cup of fat-free frozen chocolate yogurt, a quarter cup of egg substitute, a cup of fat-free milk, a large banana, and a tablespoon of unsweetened cocoa powder, and drink. You'll down 23 grams of protein, 52 grams of carbs, and only 4 grams of fat.

64

TAPE YOUR JAMS

IF YOU HAVE A FINGER THAT IS FREQUENTLY JAMMED, TAPE IT TO A NEIGHBORING FINGER WHEN YOU PLAY SPORTS. TOGETHER THE TWO FINGERS WILL BE STRONGER AND LESS LIKELY TO BEND AT AN ODD ANGLE.

65

FOR A BETTER WARMUP, TRAIN YOUR BRAIN

► Don't forget to warm up your brain. "Preparing your central nervous system for activity is just as important as preparing your muscles," says Vern Gambetta, former director of conditioning for the Chicago White Sox. That's because your central nervous system tells your muscles when to contract. Try standing

on one leg while you squat down, and touch the floor in front of it with your opposite hand. Do two sets of 10 to 12 repetitions with each leg.

66

LOOSEN YOUR HIPS

► Keep your heels on the floor when you for the Chicago White Sox. That's because your Try this stretch: Hold onto the sides of the squat rack and lower

yourself until your thighs are parallel to the ground. Hold for 30 seconds. Return to a standing position, then repeat five times.

67

USE IRON, GET THE LEAD OUT

► Lift weights to run faster. A study in the *Journal of Applied Physiology* found that 8 weeks of resistance training improved experienced runners' 5-K times by 30 seconds.

68

SAVE YOUR BACK

► Squeeze your butt muscles when you lift weights over your head. "You'll force your body into a position that automatically stabilizes your spine, which lowers your risk of back injuries," says Staley.

69

MAKE MORE BIRDIES

► For straight-on putts on the golf course, aim exactly 17 inches past the hole. That's because the 17 inches of green surrounding the cup will be free of footprints, meaning blades of grass there are thicker and more upright and will slow your putts dramatically.

70

SQUEEZE OUT GAINS

► Squeeze the bar inward when you bench-press. This works more muscles in your chest. But squeeze it outward when you do the close-grip version of the exercise—this hits your triceps harder.

71

STAY HEALTHY

► If you're not exercising at all, just try to fit in two 20-minute aerobic or weight-training sessions a week. Researchers at Oklahoma State University examined absentee records of 79,000 workers at 250 sites and found that those who did this minimal amount of exercise had fewer sick days than those who didn't exercise at all.

72

ISOLATE YOUR ABS

► When you do reverse crunches and hanging knee raises, round your back by rolling your hips and pelvis toward your chest, instead of simply raising your legs. Otherwise, you're mainly working your hip flexors—the muscles at the top of your thighs.

73

FINISH FASTER

► To save time, use the same weight for your entire workout. Pick the weight based on your weakest exercise—choose an amount you can lift only six to eight times—and do the moves in a circuit.

74

SAVE YOUR CALVES

► If you're a runner and your calves feel tight when you wake up in the morning, try sleeping on your stomach with your feet hanging off the bed. Gravity will take over, lightly stretching the calf muscles all night.

75

GO SHORT, GET FAST

► Go faster for shorter distances to improve your running form. You'll not only perform better, but you'll also be less susceptible to injuries.

76

SWIPE THE ROCK

► To make a steal in basketball, swipe up, not down. Refs and whiny opponents are just waiting for you to hack down on the ball.

77

GO LIGHT, GET STRONG

LIFT LIGHT WEIGHTS FAST TO BUILD STRENGTH. YOUR MUSCLES WILL GENERATE AS MUCH FORCE AS IF YOU WERE LIFTING A HEAVIER WEIGHT MORE SLOWLY.

■ **TRY IT WITH THE BENCH PRESS: USE A WEIGHT THAT'S 40 TO 60 PERCENT OF WHAT YOU CAN LIFT ONE TIME, AND DO EIGHT SETS OF THREE REPETITIONS, PUSHING THE WEIGHT UP AS FAST AS POSSIBLE.**

■ **REST 30 SECONDS BETWEEN SETS.**

Flicking up is more subtle and surprising—and if you do poke the ball away, it'll be higher and easier to grab.

78

BUILD SPRINT MUSCLES

► To sprint faster, work your hamstrings. They help you push off and develop speed. Try this variation of the leg curl: Pull the weight toward you with your ankles flexed (as you normally would) so that your toes are pointing toward your shins. But when you lower the weight, extend your ankles so that your toes are pointing away from your shins. Your hamstrings will work harder than with the traditional version of the exercise.

79

GET UP FASTER

► To mountain-bike uphill faster, edge forward in the saddle to distribute your weight more evenly between the front and rear wheels. If you slip back too far, you'll cause the front wheel to skitter off the ground. If you lean too far forward, you'll lose traction on the back tire.

80

SAVE YOUR NECK

► When doing squats, rest the bar so that as much of it as possible is touching your shoulders. Holding it only on your lower neck causes the entire weight to compress your spine, which can lead to spinal and muscle injuries.

81

ISOLATE AND GROW

► Exercise one arm at a time. Do a set of shoulder presses with your left arm, then do a set with your right. “You’ll get higher-quality sets than if you work both arms at the same time,” says Ballantyne.

82

BUILD QUALITY QUADS

► Push from your toes when you do leg presses. Your quadriceps will work harder.

83

SQUAT FOR A SIX-PACK

DO SQUATS AND DEADLIFTS . . . TO BUILD YOUR ABS. RESEARCH SHOWS THAT THESE TWO EXERCISES FORCE YOUR ABDOMINAL MUSCLES TO DO A SIGNIFICANT AMOUNT OF WORK TO MAINTAIN YOUR POSTURE.

84

RUN LONGER, EASIER

► When you run, breathe so that your belly rises as you inhale. This ensures that your lungs are inflating fully with oxygen, so you’ll be able to go longer. Practice by lying on your back and placing a book on your stomach. The book should rise when you breathe in.

85

COME CLEAN

► Throw all your dirty workout clothes into one mesh laundry bag. At the end of the week, tie a knot in the bag and throw it in the washer. You’ll always know where your favorite workout shirts are, and you won’t have to touch your sweat socks when they’re fully ripe.

86

REPLACE YOUR SHOES (NOT YOUR KNEES)

► To avoid injuries, write an “expiration date” on your shoes as soon as you buy them. Shoes last about 500 miles, so simply divide 500 by your average weekly mileage to determine how many weeks your shoes are likely to last.

87

GET UP AND AT 'EM

If you want to exercise before work but aren’t a morning person, try this trick: For a set period—say, 4 weeks—force yourself to get up 15 minutes earlier than normal and do any type of physical activity (walking, for instance). “Make it so easy that you don’t even have to change into your workout clothes,” says John Raglin, Ph.D., an exercise researcher. As you near the end of the 4 weeks, you’ll have a new habit and will then be able to progress to greater amounts of exercise.

88

FLEX FOR MUSCLE

► When doing standing arm curls, completely straighten your arms by flexing your triceps at the end of each repetition. This ensures that you work the muscle through its entire range of motion.

89

IMPROVE YOUR MAX

► Before you try a maximal lift, load the bar with a weight that’s 20 to 30 percent heavier than what you think you can handle. Then simply lift it off the rack, hold for 1 to 2 seconds, and put it back. Wait 3 to 4 minutes, then try your true max—the weight will feel noticeably lighter. Never attempt this without a spotter.

90

MAKE THE CATCH

► To catch a football, focus on the tip of the ball. You’ll watch the ball into your hands, instead of just tracking the blur. Plus, by concentrating on that specific spot, you’ll block out oncoming defenders.

91

WARM UP THE RIGHT WAY

► Skip the treadmill warmup before lifting weights. Instead, do a warmup that targets the muscles you’ll be using. For a full-body warmup, grab a bar and do two sets of 10 repetitions each of the squat, deadlift, bench press, and bent-over row.

92

GET A BETTER GRIP

► To strengthen your grip, wrap a towel around the bar when you do arm curls. It makes the bar thicker, which forces your forearm muscles to work harder.

93

AVOID BURNOUT

► To see if you're overtraining, check your pulse first thing in the morning the day after a workout. If it's 10 beats per minute or more above normal, your body is still recovering.

94

JUMP HIGHER

DO THIS SIMPLE JUMPING EXERCISE TO IMPROVE YOUR VERTICAL LEAP:

- **STAND ON THE EDGE OF A STEP THAT'S ABOUT 8 INCHES HIGH.**
- **STEP OFF BACKWARD WITH BOTH FEET. WHEN YOUR TOES HIT THE GROUND, IMMEDIATELY JUMP BACK ONTO THE STEP.**
- **CONCENTRATE ON PUSHING OFF THE GROUND AS QUICKLY AS POSSIBLE, RATHER THAN ON THE HEIGHT OF YOUR JUMP.**
- **"THE SPEED OF THE JUMP IS MORE IMPORTANT THAN THE HEIGHT," SAYS BRITTENHAM.**
- **DO THREE TO FIVE SETS OF 10 TO 20 REPETITIONS TWICE A WEEK.**

BONUS TIP!

STAY HYDRATED

HYDRATE PROPERLY PRIOR TO EXERCISING TO BOOST YOUR PERFORMANCE AND MAXIMIZE YOUR WORKOUT. BESIDES WATER, YOU CAN TRY SPORTS DRINKS LIKE GATORADE.

95

SKIP TENDINITIS

► Use a shoulder-width grip when doing upright rows. Unlike the traditional narrow grip, it'll help you avoid shoulder-impingement syndrome—an injury that causes Tendinitis and Bursitis.

96

GET A BIG BACK

► Break cable rows into two parts. Hold the bar with your arms outstretched and squeeze your shoulder blades together. Then pull the bar to your body.

97

BUILD REAL STRENGTH

► Don't use machine weights exclusively. A study at Georgia State University found that older adults using exercise machines improved their strength on the machines an average of 34 percent in 2 years. But their strength measures for everyday activities actually declined 3.5 percent.

98

FEED YOUR MUSCLES

► Satisfy your sugar cravings immediately after your workout. Eat at least 20 grams along with some

protein. The sugar will actually help carry protein to the muscles you've just worked. So have a soda or some chocolate with your tuna sandwich, but limit your sugar intake the rest of the day.

99

END BACK PAIN

► For every set of abdominal exercises you perform, do a set of lower-back exercises. Focusing only on your abs can lead to poor posture and lower-back pain.

100

STOP SCREWING UP

Don't try to lose your gut by working your abs. Researchers at the University of Virginia found that it takes 250,000 crunches to burn 1 pound of fat—that's 100 crunches a day for 7 years.

CREDITS

TEXT

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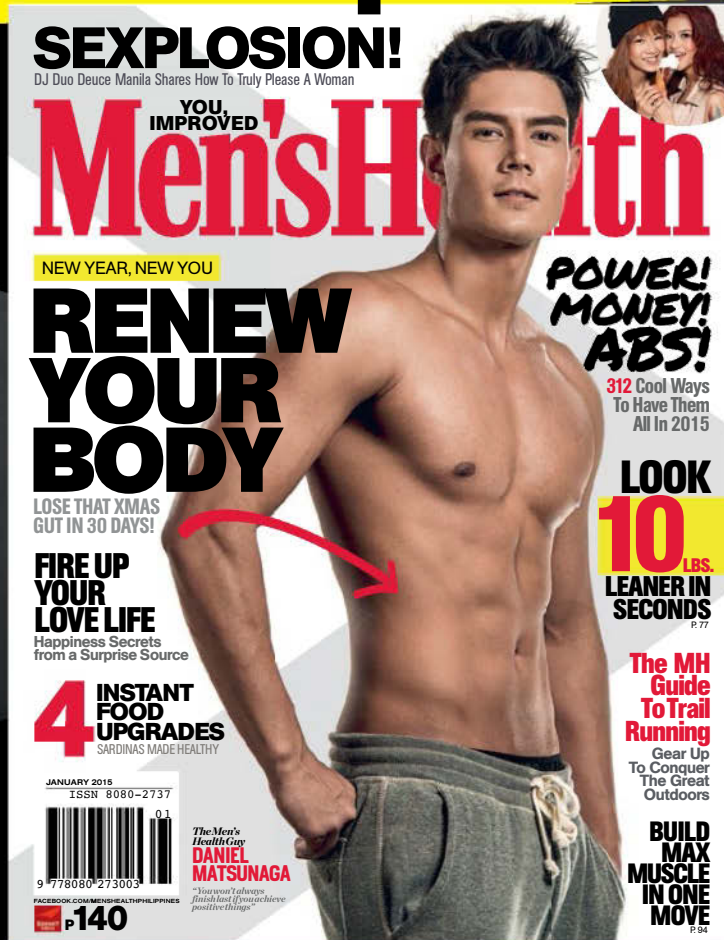
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